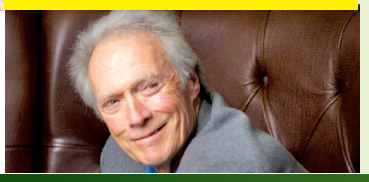
JOE'S FRESH NEW STORE
FIRST FLAGSHIP OPENS TODAY {page 3}

EASTWOOD'S 80 GOING ON 18
AGE JUST A NUMBER TO DIRECTOR {page 15}



COUGAR
SHE'S BACK ON THE PROWL
DISH {page 24}

VANCOUVER metro®
Wednesday, October 13, 2010
www.metronews.ca

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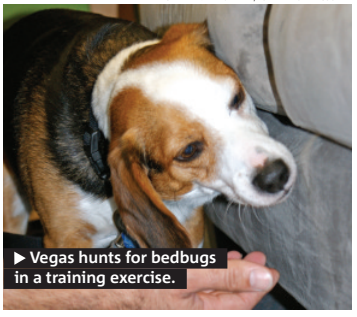
Dogs sniff out bedbugs at SFU

SFU has had about 12 reports of bedbugs since September ◗ School says it's a 'community problem' and no single student is to blame ◗ Students urged to examine all bedbug-habitable items brought into rooms

SARAH N. FITZGERALD/FOR METRO VANCOUVER



▶ Vegas hunts for bedbugs in a training exercise.

After a handful of Simon Fraser University students reported bedbugs in their dorm rooms, the school brought in man's best friend in a preemptive strike against the spread of the itchy, unwanted pests.

"We made sure to address (this issue) from a very proactive and aggressive manner ... (by bringing in) a canine inspection team," said Chris Rogerson, residence associate director.

Enter Vegas, the bedbug-sniffing beagle. With his keen nose, Vegas can more accurately detect bedbugs in a less obtrusive manner, said Marcos Michelet, his handler.

"A human inspection is just what (can be seen). Because (Vegas) goes by smell, even if the bedbug is hidden in an area where (one) cannot look, he can smell it," Michelet said, noting Vegas can sniff out bugs behind heavy bookshelves, under carpets or even inside walls.

There are less than a half-dozen bedbug-detecting dogs in the Lower Mainland, which might be because the dogs require a lifetime commitment from their handlers, suggested Michelet.

SARAH N . FITZGERALD

Canine squad

- Vegas has two canine companions: Bonnie and Clyde.
- They've completed more than 800 hours of training.
- The dogs have about an 85 per cent success rate and can pinpoint where the bugs are, reducing the amount of pesticide needed.
- For more information, contact Care Pest Control, 604-432-9422.

Chile. Miners

▶ Rescued Chilean miner Mario Sepulveda Espina celebrates yesterday in this screen grab taken from video.

THE ASSOCIATED PRESS

Long-awaited breath of fresh air

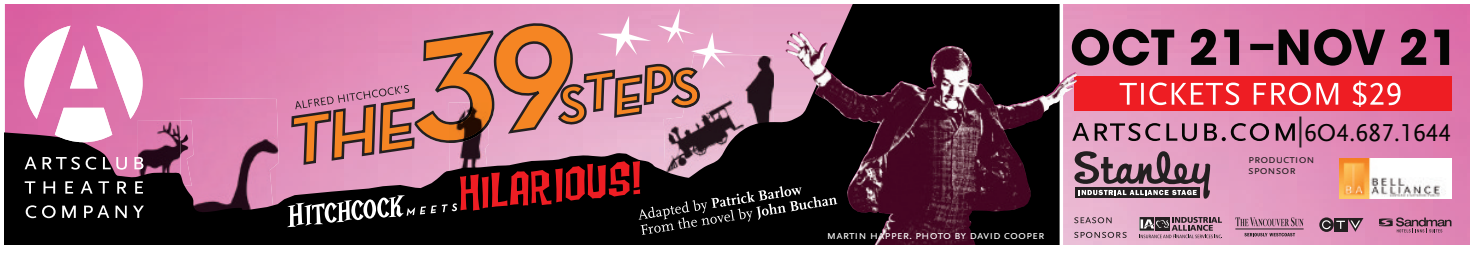
Espina was the second miner saved from the collapsed San Jose gold and copper mine, where he was trapped with 32 other men for over two months near Copiapo, Chile. Story, page 11.

No UN Security Council for us

So the government blames ... Michael Ignatieff? {page 8}

Hawaii's big garden island

Kauai's got beaches, rainforests, volcanoes {page 26}



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Joe gets a fresh new store today

The Joe Fresh Style flagship store opens on Granville Street this morning.

"Everyone's excited," said Elaine Quan, senior PR manager for Joe Fresh.

It's the grocery store-based apparel chain's first true standalone location.

Doors open at 10 a.m. with the first 100 people receiving a free pass to Joe Fresh's street concert on Granville.

In addition, the first 1,000 people to spend more than $100 will be given a free down jacket.

"For us it was about reaching all our key customers," said Quan. "We have a lot of urban customers that don't necessarily get out to our suburban locations.

"We're a very clean aesthetic," she said of the store's design. Its colour-themed sections mix wardrobe basics, like white collared shirts, with more fashion-forward items, like sequined sweatshirts.

"We're taking a high-end approach to the merchandising and the mannequins and the presentation," said Brent Reid, VP of store design, merchandising and imaging.

Joe Fresh is holding a street concert Saturday from 2 to 6 p.m. to celebrate the opening.

STEPHANIE ORFORD

STEPHANIE ORFORD/FOR METRO VANCOUVER

▶ A sneak peek at Joe Fresh Style's flagship store, which opens today on Granville Street.

Prostitution law challenge proceeds

B.C. lawsuit 'broader' than Ont. case that ruled three of Canada's prostitution laws unconstitutional

JEFF HODSON
@METRONEWS.CA

A former B.C. sex worker has been given the green light to challenge Canada's red-light laws, the B.C. Court of Appeal ruled yesterday.

In a split 2-1 verdict, the province's highest court found that Sheryl Kiselbach and SWUAV, a non-profit organization of street-based sex workers, have legal standing to challenge the constitutionality of the country's adult prostitution laws.

"(The lawsuit) was necessary because things haven't changed," said Kiselbach, 59, who retired as a sex worker in 2001.

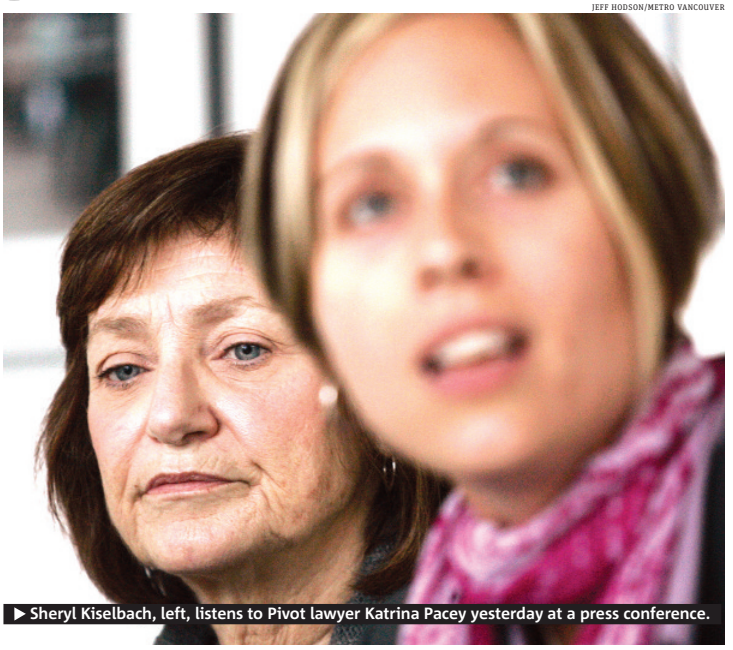
"I want them to be able to work safely ... without being afraid of the law and afraid to report violence."

"(Sex workers) get forced to work in dark, isolated and quiet areas where no one's going to complain about their presence, but also no one is going to be there to see them if they are in trouble."
KATRINA PACEY, PIVOT LAWYER

While prostitution is not illegal in Canada, many of the activities associated with it are, including communicating and keeping a bawdy house or brothel.

Kiselbach's case, which was filed in August 2007, was kiboshed before it went to trial after the federal government successfully argued that neither Kiselbach nor SWUAV had legal standing. Her appeal led to yesterday's decision.

JEFF HODSON/METRO VANCOUVER



▶ Sheryl Kiselbach, left, listens to Pivot lawyer Katrina Pacey yesterday at a press conference.

Katrina Pacey, a lawyer with Pivot Legal Society, said Canada's prostitution laws endanger sex workers and exacerbate their marginalization.

1 news

News on the move

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Books released decades apart show what Stephen Harper has in common with Pierre Trudeau. More at metronews.ca/spindoctor

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Rick Hansen to take We Day stage

JIM ROSS/GETTY IMAGES

▶ Rick Hansen at the Juno Awards ceremony in Saskatoon, April 2007.

Speakers include Martin Sheen, Al Gore and Jesse Jackson Sr.

KRISTEN THOMPSON
@METRONEWS.CA

We Day

The third annual We Day focuses on youth empowerment and features celebrated speakers in Toronto, Vancouver and Montreal.

Rick Hansen, Canada's Man in Motion, is one of several high-profile speakers at Free the Children's We Day in Vancouver on Friday.

The former Paralympian will be talking to guests about overcoming obstacles in life.

Metro asked We Day co-founder Craig Kielburger what disadvantaged youth can learn about overcoming their own hurdles.

How do children who have to deal with poverty and sickness early in life compete or even keep up with their more affluent peers?

"We live in a world where MBA (equates to) BMW. It's an attractive notion, for sure, but it's also a pretty narrow definition of success.

"When I think of success, I think of my friend Jackson.

"He was born into a large family in rural Kenya with nine sisters and 12 brothers. When he got the opportunity to go to school and train as a Masai warrior, he proved adept in everything from math or business to animal rearing and hunting."

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It's fairly easy to get credit, but often, it's a lot more difficult to pay it off. Credit cards allow us to instantly buy what we want or need without the hassle of carrying cash or worrying about having enough money in the bank. But, have you considered how much an item actually costs if you incur interest on those borrowed dollars? A high-end MP3 player retails for about CAD$250. If you purchase it using a credit card that charges an 18% annual rate and don't pay off the balance until a year later, that MP3 player actually cost you CAD$295. For Canadians who regularly carry credit card balances, those extra interest dollars can really add up over time, especially on big ticket items like vacations and home electronics. Thinking about how much your purchases will actually cost in the long run may give you second thoughts before borrowing money that you know won't be paid off at the end of the month.

Here are a few simple things to remember when dealing with borrowed money:

1. Know when you'll be able to pay off the loan and what the total cost is after interest

2. Look for loans that can be paid off early if you're able

3. Avoid loans with fees on top of interest—they make the real interest rate unclear

To find out more about ING DIRECT's Money Movement, check out our Facebook fanpage (facebook.com/SuperStarSaver) or our Twitter page (twitter.com/SuperStarSaver). You can also drop in to the ING DIRECT Save Your Money Café at 466 Howe Street, here in Vancouver.

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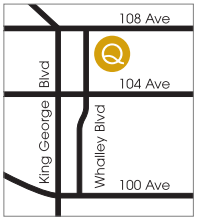

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Aquarium waste cuts going swimmingly

The Vancouver Aquarium is doing its small part to keep the landfill slim and trim thanks to its internal compost program, which diverted the equivalent of 18 city buses worth of garbage from the dump this year.

"We want to be the model for environmentally responsible organizations," said John Nightingale, president of the aquarium.

This year, 100 per cent of the products used by the aquarium café are compostable. Even deskside garbage containers have been removed to encourage composting and recycling practices.

KRISTEN THOMPSON

82% According to the aquarium, 82 per cent of its waste was diverted from the landfill last year — a nine per cent increase from two years earlier.

Vancouver's Chinese reluctant to speak on Nobel prize win

China claims the award is an attack on the country, an attempt to change its political system ◆ Leaders retaliated by cancelling meetings in Norway

STEPHANIE ORFORD
VANCOUVER@METRONEWS.CA

Chinese people living in Vancouver are proud and excited that a jailed Chinese pro-democracy activist won the Nobel peace prize, according to a UBC associate professor.

Josephine Chiu-Duke, who teaches Chinese intellectual history at the University of British Columbia, also added that those with ties to China are reluctant to openly show their feelings.

"They don't want to have any trouble if they want to go back to China," she said, adding that people fear having difficulties getting visas to enter the country. China does not allow double citizenship.

THE ASSOCIATED PRESS

▶ Liu Xia, wife of Chinese dissident Liu Xiaobo. She's been under house arrest since Friday.

Since Liu Xiaobo is in jail, his wife travelled to Norway to accept the prize on his behalf. Since returning, Liu Xia said she can only leave her Beijing home under police escort.

Joyce Chung, the Vancouver and national executive director of the Hong Kong-Canada Business Association, said the issue is "sensitive" and declined to comment.

Three other Vancouver-based Chinese-Canadian organizations also refused to comment.

Chiu-Duke said she is pleased with the prize and called it "not just a tribute to (Liu), but also a tribute to the Chinese intellectuals who have struggled for democracy since 1915."

PELLET GUN

Sex-trade worker attacked

A sex-trade worker is recovering from minor injuries after being shot in the neck and chest with a pellet gun, police said yesterday.

The victim was standing at East Hastings Street and Salsbury Drive in the early hours of Saturday morning when a van pulled up, the passenger rolled down the window and shot at her, said Const. Lindsey Houghton.

Officers found a vehicle matching the description parked on Commercial Drive. A pellet gun was inside.

Three men were taken into custody and Gerald Gbarby, 24, from Surrey was charged with assault with a weapon.

KRISTEN THOMPSON

Waive train fees, urges Robertson

Vancouver Mayor Gregor Robertson yesterday called on the federal government to waive border-crossing fees to keep a second Amtrak train from Seattle rolling north to Vancouver.

Amtrak and Washington State have given Oct. 15 as the deadline to waive the fees.

METRO VANCOUVER

Trial opens in police assault case

The trial of Jeffrey Klassen, a New Westminster police officer charged with assaulting a newspaper deliveryman in January 2009, began yesterday in Vancouver.

The man assaulted, Firoz Khan, took the stand and testified about the early morning attack outside the Hyatt.

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Costa Rica 9-Day Tour	sale $1124 taxes & fees included

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HIGHLIGHTS Buenos Aires, Esteros del Iberá wetlands, Iguassu Falls, Paraty, Ilha Grande and Rio de Janeiro.

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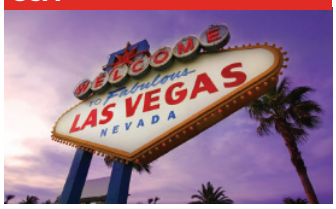
USA



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London Air + 6 Nights	from $599 + taxes & fees $506

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Florence Air + 7 Nights	from $1179 + taxes & fees $384

INCLUDES central 3-star accom with breakfast.

Vietnam Air + 9 Nights	from $1599 + taxes & fees $534

INCLUDES 3 nights Ho Chi Minh City accom and 6 nights 4-star Nha Trang accom with daily breakfast. ADD private snorkelling tour in Nha Trang from $89.

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Canada nixes UN council bid

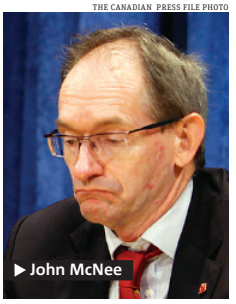
Ambassador blames Ignatieff

Bruised on the second ballot by its Portugese rival, Canada called an abrupt halt to its bid yesterday to rejoin the United Nations Security Council — the country's second international black eye in as many days — and laid the blame for its failure squarely at the feet of Liberal Leader Michael Ignatieff.

Canada's UN Ambassador John McNee made the announcement after the second ballot gave Portugal 113 votes and Canada just 78, both short of the 128 votes required to claim the second of two available seats on the influential council. Germany won the first seat on the first ballot. Despite recent rumblings about Canada's decidedly Israel-friendly foreign policy, it was Ignatieff, having last month openly questioned whether Canada was ready to re-join the council, who earned the brunt of the blame from both Foreign Affairs Minister Lawrence Cannon and the Prime Minister's Office. At a brief news conference at the United Nations, Cannon insisted it was Ignatieff's comments alone that put the boots to Canada's hopes. THE CANADIAN PRESS

3
Three other two-year terms on the UN's most powerful body went uncontested to South Africa, India and Colombia.

THE CANADIAN PRESS FILE PHOTO



▶ John McNee

NFL. Favre scandal

▶ Jenn Sterger works on the sideline before the New York Jets play the New England Patriots in an NFL football game in East Rutherford, N. J., in this September file shot.

BILL KOSTROUN/THE ASSOCIATED PRESS

League eyes allegations

Last week, the website Deadspin posted a story which included several voicemails and graphic images allegedly sent by quarterback Brett Favre to former New York Jets game hostess Jenn Sterger. NFL Commissioner Roger Goodell says the league is still looking to "find out all the facts."

Italy under fire for Catholic tax breaks

The European Commission has placed Italy under investigation for granting tax breaks to the Catholic Church for church-run clinics and hostels amid complaints the exemptions give the church an unfair economic advantage over rivals.

While stressing that it was not prejudging the investigation's outcome, the commission said yesterday it believed the exemptions violate EU rules on state subsidies and could distort competition.

The Italian government has a month to respond before the commission makes a decision. If it rules against Italy, the EU could order Italy to demand that the church reimburse the government.

THE ASSOCIATED PRESS

Who for?

The EU didn't specify whether the tax breaks were for the Italian Catholic Church or the Vatican, which has extensive real estate in Rome.

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Halloween Safety Tips

Here's how parents can help their youngest ghouls and ghosts stay safe this Halloween:

1. Apply reflective tape to Halloween costumes.
2. Use face paint rather than masks that could cover the eyes.
3. Remind your kids to look both ways before crossing the street.
4. Accompany young children. Older trick or treaters should travel in small groups on a pre-planned route.
5. Inspect all treats before children sample their goodies.

Brought to you by: PARTY PACKAGERS

national unicef day oct.31

First of Chile's miners reach surface

- Avalos chosen as first to be rescued as he was in best physical condition
- Capsule began to lift miners upward one by one late last night

The first two of 33 men trapped in a collapsed mine were rescued early this morning after 69 days underground, pulled to fresh air and freedom at last in a missile-like escape capsule to the cheers of family and countrymen.

Rescued first was Florencio Avalos, who wore a helmet and sunglasses to protect him from the glare of bright lights. He smiled broadly as he emerged and hugged his sobbing seven-year-old son, Bairon, and wife, then bearhugged Chilean President Sebastian Pinera and rescuers.

A second miner, Mario Sepulveda Espina, was pulled to the surface about an hour later. After hugging his wife, Elvira, he jubilantly handed souvenir rocks to laughing rescuers.

After the first capsule came out of the manhole-sized opening, Avalos emerged as bystanders cheered, clapped and broke into a chant of "Chi! Chi! Chi! Le! Le! Le!" — the country's name.

Avalos gave a thumbs-up as he was led to an ambulance and medical tests after his more than two months deep below the Chilean desert — the longest anyone has ever been trapped underground and survived.

Avalos, the 31-year-old second-in-command of the miners, has been so shy that he volunteered to handle the camera rescuers sent down so he wouldn't have to appear on the videos that the miners sent up. THE ASSOCIATED PRESS

First things first

- The miners will be ushered through an inflatable tunnel, like those used in sports stadiums, to an ambulance for a trip of several hundred metres to a triage station for a medical check.
- They will gather with a few relatives in an area also closed to the media, before being taken by helicopter to a hospital.

METRO CHILE

▶ Relatives and friends of trapped miners celebrate last night while watching on a TV screen the rescue operation at the camp outside the San Jose mine near Copiapo, Chile.

Concern for miners as Chile preps fiesta

Media outlets at Camp Hope near the mine site reported there was a huge sense of excitement building up among the miners' families. The miners' relatives have been immersed in the grand preparations to welcome Chile's trapped miners upon their rescue.

However, a leading psychologist at the mine has warned that the miners should be received in a most appropriate fashion, allowing them to enjoy a considerable period of serious rest before any major partying.

Alberto Iturra, the chief of the psychologists' team supporting the trapped miners, along with members of the Chilean Security Association, wants to put a damper on the impending festivities, recommending a minimum rest period of 15 days for the miners upon their rescue.

"The miners should pay no attention to invitations from people who haven't gone through what they have. To be exposed to a situation involving unreserved celebrating is clearly unwise," said the Chilean psychologist.

METRO

For the latest updates and photos, visit metronews.ca

Festivities

- Despite medical officials' warnings of restraint, towns and villages across Chile are revving up their plans for major festivities to greet the rescued miners.
- In the south of the country, the province of Ranco is preparing in earnest to rejoice in native Juan Carlos Aguilar's safe return, organizing a massive reception in honour of their miner hero.
- Relatives and friends of Jimmy Sánchez, 19, the youngest trapped miner, are set to host a "mega-party" to celebrate the imminent rescue of the 33 miners trapped 700 metres deep in the San José mine.

New trouble for disgraced coach

A Canada-wide warrant for convicted sex offender Graham James will be issued today based on allegations from multiple accusers, The Canadian Press has learned.

Police in Winnipeg will lay new charges against the former junior hockey coach, who previously pleaded guilty to hundreds of incidents of sexual assault involving two teenaged hockey players under his influence.

A tell-all autobiography published last year by former NHL star Theoren Fleury contains new allegations against James, who coached Fleury and fellow NHLer Sheldon Kennedy as young teens in Saskatchewan.

Kennedy and another unnamed individual went to police in 1996, resulting in James' guilty plea, but Fleury's allegations have not resulted in charges until now.

Police notified people involved in the case against James that the new warrant would be issued, but a Winnipeg Police Services spokesman refused to comment publicly yesterday.

"When they (police) did my investigation they said there were probably 75 to 100 victims out there — which I believe to be true," Kennedy said in an interview last night.

Kennedy, who started a foundation to help abused kids after he first went public and still works in the field doing workplace and school education programs, said he's seen the widespread affect.

James was sentenced to three and half years in prison in 1997 and later was revealed to have received a pardon from the National Parole Board. The news of James' pardon prompted the federal government last spring to tighten the laws governing pardons. THE CANADIAN PRESS

> **"To me, abuse kills. You can't take what Graham did lightly."**
> SHELDON KENNEDY, WHO PLAYED FOR JAMES AS A TEEN

Son of dictator says he's against succession plan

The casino-loving eldest son of North Korea's Kim Jong Il — once tipped to succeed him before trying to sneak into Japan to go to Disneyland — says he opposes a hereditary transfer of power to his youngest half-brother.

It's the first public sign of discord in the tightly choreographed succession process, though analysts said Kim Jong Nam spends so much time outside his native land that his opinion carries little weight.

The chubby 39-year-old Kim, the oldest of three brothers who were in the running to take over secretive North Korea, is the closest thing the country has to a playboy. THE ASSOCIATED PRESS

▶ Kim Jong Nam

HIGH NOON FOR ORGANIZED RELIGION

Just sayin'

PAUL SULLIVAN

Toronto has become quite the staging ground for what's left of western culture.

First, we had Hollywood North, a.k.a. the Toronto International Film Festival, which rivals, even surpasses, Cannes for celebrity sightings.

Now we have Oxford West, in which two famous Brits will go at it hammer and tong over this $64,000 question: "Be it resolved, religion is a force of good for the world."

For the affirmative: Former U.K. prime minister Tony Blair, who has come out of the closet as an unapologetic Roman Catholic; and for the negative: Christopher Hitchens, the world's foremost godless heathen.

It will be High Noon for organized religion, (Exalted Noon?) or more accurately 7 p.m. Nov. 26 at Roy Thomson Hall, this year's edition of the Munk lectures, sponsored by our most eminent gold digger, Peter Munk. Maybe he should have had them debate that other famous theological question: Is it easier for a camel to go through the eye of a needle than it is for a rich man to enter the kingdom of heaven?

Here in Vancouver, where Justin Bieber is next up, we can only watch from afar, with awe. Blair is the author of the No. 1 bestselling memoir on the stands at the moment, and Hitchens is notoriously the author of God Is NOT Great: How Religion Poisons Everything, which singlehandedly spawned a movement called the New Atheism. These guys got game.

Actually, I don't know if religion has anything to do with it, but Blair looked fabulous — fit and hearty — on Letterman the other night, while Hitchens looks just terrible: Overweight, haggard and grim. It doesn't help that he is undergoing chemotherapy for esophageal cancer, but years of excess have taken their toll.

It also doesn't help that he's probably the world's most hated man: Long a left-wing gadfly, he was abandoned by the left for throwing his support behind the war on terror. Whereas the right doesn't know what to do with him since he's spent most of his adult life bashing the right's favourite poster girl, Mother Theresa, for being a sanctimonious hypocrite. He's an equal opportunity curmudgeon.

I'm not sure who is adjudicating the debate: Pope Benedict? Bill Maher? Osama bin Laden by remote from his cave? Madonna?

And I'm not sure how you score points — Jihad: Zero? Christmas: 8 out of 10? Speaking in tongues: Just weird?

Never mind. Break out the good sherry, this is exactly the kind of cultural imperialism we need more of: MMA for nerds! Intellectual Smackdown!

Nobody asked me, but this beats So You Think You Can Dance, Eh? all to … heck.

Just sayin'.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER

California homegrown

Worth mentioning

Budding entrepreneurs

Mexico's drug traffickers are likely to lose customers in America's largest pot consuming state if California legalizes marijuana, but they won't lose much money overall because California's residents already prefer to grow their own, according to a study released yesterday.

That means the proposal on the state's November ballot to legalize marijuana also will do little to quell the drug gangs' violent and sophisticated organizations that generate billions of dollars a year, according to the study by the nonpartisan RAND Drug Policy Research Center.

Californians, who make up one-seventh of the U.S. marijuana market, already are farming marijuana at a much higher rate than in neighbouring states and tend to buy domestic rather than smuggled marijuana, the study found.

California voters will decide next month whether to legalize and tax their own recreational use of marijuana.

The measure is being closely watched in Mexico, where more than 28,000 people have died in drug violence since Mexico's President Felipe Calderon launched his crackdown on organized crime in late 2006.

THE ASSOCIATED PRESS

Should marijuana be legalized? Why or why not?

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Metro Minute at Greece Does Grease

A classic film about a straight-laced teenager is getting a naughty twist with the burlesque-inspired retake of the movie Grease.

Greece Does Grease focuses on the ancient Greek myth about the change of seasons through musical parodies of Grease and Grease 2.

Written and directed by burlesque star Melody Mangler, Greece Does Grease includes top-notch performers and offers audiences a bawdy good time. The show takes place in the Waterfront Theatre, 1412 Granville St. It starts at 8:15 p.m. and tickets cost $30.

For more information, call 604-779-7782.

SARAH N. FITZGERALD

RAUL P/FLICKR

▶ Greece Does Grease is on at the Waterfront Theatre.

Ottawa racks up record $55.6B deficit

- Feds will balance the budget in five years: Flaherty
- No new spending or cost-cutting measures in update

ADRIAN WYLD/THE CANADIAN PRESS

▶ Jim Flaherty

Ottawa suffered the biggest deficit in history last year at $55.6 billion, but Finance Minister Jim Flaherty says the government remains on track to balance the budget in just over five years.

In a fiscal update delivered yesterday, Flaherty said Ottawa is roughly on track with its projections for spending and revenues and will record its first surplus in eight years in 2015-16.

The plan to bring the budget back to balance will ensure that the federal debt, measured relative to the size of the economy, resumes its downward track by 2012-13," Flaherty told a lunch hosted by the Mississauga Chinese Business Association.

"Our government's commitment to return to balanced budgets stems from our fundamental belief that the private sector ... must be Canada's economic engine of growth, not government."

Unlike in some past years, the government unveiled no new spending or cost-cutting measures in the update, but it did contain some surprises.

Owing to a one-time cost of $5.6 billion for transitional assistance to Ontario and British Columbia to change to a harmonized sales tax this year, the 2009-2010 deficit hit a record $55.6 billion.

That's $1.8 billion more than budgeted for in March and about $10 billion more than the previous biggest in the early 1990s.

But this year's deficit — the 2010-11 period — is expected to be $3.7 billion less than the $49.2 billion shortfall previously projected.

THE CANADIAN PRESS

▶ Gap Inc. has decided to keep its decades-old white-on-navy blue logo, just one week after the company swapped it online for a new logo without saying a word.

PAUL SAKUMA/THE ASSOCIATE PRESS

GAP goes back to blue

The casualwear chain will keep its well-known logo after all. The new logo, unveiled last week online, irritated fans, spurring them to gripe about it on the web. Confused fans took to Twitter, Facebook and tech blogs to complain.

Exports key for small businesses

A new study suggests more Canadian small businesses need to turn their attention towards exports in order to thrive.

CIBC economist Benjamin Tal says smaller businesses that focused on the domestic market did fare better during the recession. But he says times have changed and the same small businesses should now shift their focus outside Canada's borders as more opportunities emerge.

The report says small businesses are responsible for about one-third the value of total Canadian exports. THE CANADIAN PRESS

9%

The report by CIBC found only nine per cent of small- and mid-size companies are involved in exports, a decrease from 10.7 per cent in 2000.

Best Buy to ramp up holiday hires

Electronics retailer Best Buy says it will hire 2,000 seasonal workers across Canada for the hectic holiday shopping season.

The move will increase its Canadian workforce by more than 35 per cent during the one of the busiest times of the year for retailers.

Best Buy Canada has more than 6,500 employees at its 70 stores across the country.

The announcement comes on the heels of a similar hiring push at fellow Canadian electronics giant Future Shop, which said it would hire 4,000 seasonal staff.

Both companies are owned by U.S. retailer Best Buy Co.

THE CANADIAN PRESS

Icahn backs Lions Gate's MGM bid

Lions Gate is offering to combine its business with MGM in a deal supported by billionaire investor Carl Icahn, who owns stakes in both studios.

Vancouver-based Lions Gate Entertainment Corp. said yesterday it has sent a proposal for a combination with financially troubled Metro-Goldwyn-Mayer Studios Inc. Lions Gate said the combined company would be owned by its shareholders and by MGM's creditors. These include Icahn.

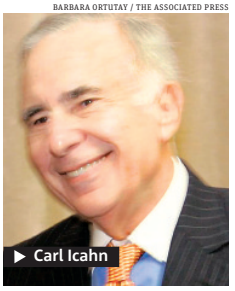
Terms weren't disclosed, though a report in the Los Angeles Times said the deal would give MGM's lenders a 55 per cent in the combined company.

Icahn said the deal is better than a current proposal to combine MGM with privately held production company Spyglass Entertainment.

Icahn has been trying to buy Lions Gate for more than a year but has been rebuffed by the boutique film studio. Icahn's tender offer for Lions Gate worth $7.50 per share expires Oct. 22.

THE CANADIAN PRESS

BARBARA ORTUTAY / THE ASSOCIATED PRESS



▶ Carl Icahn

Market moment

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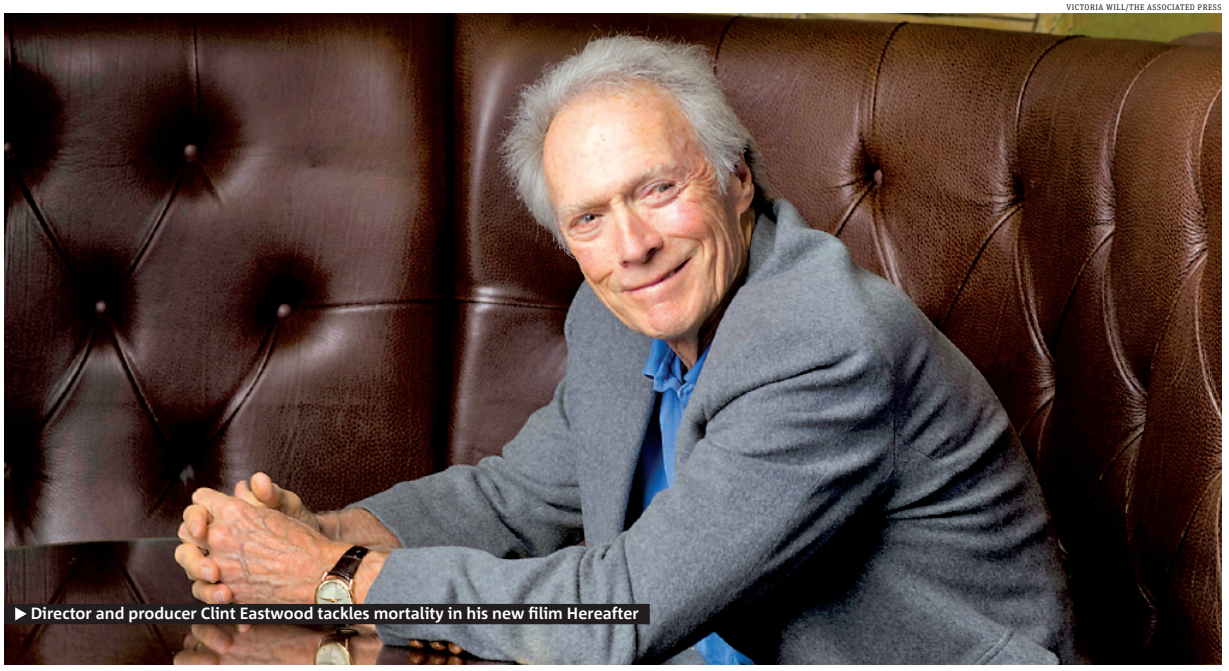

▶ Director and producer Clint Eastwood tackles mortality in his new filim Hereafter

Eastwood looking towards the afterlife

Clint Eastwood ponders mortality with Hereafter, muses about his turning 80 this year ◐ Director has lots to live up to with past successes

Clint Eastwood, who turned 80 this year, recalls how his longtime production designer Henry Bumstead once answered a question about growing old.

Bumstead, who kept working until his death four years ago at 91, replied: "Oh, to be 80 again."

"I thought, yeah, that's it," Eastwood said in an interview at the Warner Bros. office he has occupied since 1976. "When I'm 80, I'll be saying, 'Oh, to be 70 again,' or something like that."

The prolific director, who entered a career peak in his 70s with such films as Million Dollar Baby and Mystic River, said he aims to keep working as long as he's able and gives little thought to mortality, the subject of his new drama Hereafter, which follows three characters searching for answers about life after death.

"I don't think too much about it. I don't feel any different than I did at 70"
CLINT EASTWOOD

Now that he is 80, how old does he feel? "Eighteen," Eastwood jokes, before dismissing the age issue with a shrug.

"I don't think too much about it. I don't feel any different than I did at 70," Eastwood said. "Whatever I feel internally, now is the best age for me, because I feel better now, I guess because I've lived a lot of life. I've been able to accomplish a certain amount of things, and I haven't beaten anybody up doing it. So I'm OK about it."

THE ASSOCIATED PRESS

Hereafter

What its about:

The film Hereafter opens with a visceral effects sequence as a French journalist (Cecile de France) has a near-death experience in a tsunami. The film weaves among her search for answers about the afterlife, and the story of a reluctant American psychic (Damon), who views his ability to connect people with dead loved ones as a curse.

2 scene

Together again

When Conan O'Brien debuts his new, late night talk show on TBS he'll have an old friend and colleague by his side. Andy Richter will serve as sidekick on Conan. Richter said he's "thrilled" to be working with O'Brien and he's most exited about "getting out of the house again." The Tonight Show. Conan will premiere Monday, Nov. 8, at 11 p.m. on TBS.

THE ASSOCIATED PRESS

Hockey movie 'Goon' to begin shooting in Winnipeg later this week

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▶ In this image from video released by The Johnny Cash Project, a scene is shown from the Chris Milk video, The Johnny Cash Project.

A living memorial

The great Johnny Cash is being remembered one brushstroke at a time

One brushstroke at a time, The Johnny Cash Project is gathering illustrations submitted by fans online into a living portrait of the country music legend.

The project is a unique Web-only music video where every frame is a fan-created drawing. Directed by Chris Milk, it's set to Cash's Ain't No Grave, the title track from the posthumous album released earlier this year.

Work on the project — a complex mix of software design and editing — began last September. The website launched in March.

"He's singing about the eternal life of his spirit, and the way his spirit lives on is through all of his collective fans."
DIRECTOR OF THE JOHNNY CASH PROJECT, CHRIS MILK

After more than 250,000 submissions, a broadcast version of the video has been released for TV stations and eligibility for 2010 Grammy nominations.

For Milk, who has directed videos for Kanye West and Gnarls Barkley, the project is a "living memorial" that befits the song. In it, Cash sings, "There ain't no grave gonna hold my body down."

"He's singing about the eternal life of his spirit, and the way his spirit lives on is through all of his collective fans," says Milk. "This project becomes a physical manifestation of his fans' love."

Though the response hasn't been as considerable for Ain't No Grave, Milk hopes the broadcast release will attract more attention. Lou Robin, Cash's longtime manager who handles business affairs for the Johnny Cash Estate, said the Cash Estate was pleased with the video as a memorial.

There are numerous versions, including edits that gather the most realistic illustrations, the most abstract drawings and the highest-rated frames.

Each frame is labeled with the artist, and all contributors are listed in the credits.

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Imagining John Lennon

METRO WORLD NEWS

▶ Yoko Ono has taken to Twitter to communicate her message to her fans.

Ono curates exhibit of Lennon's artwork in SoHo, New York

HEIDI PATALANO
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METRO WORLD NEWS IN NEW YORK

The widow of a man who inspired the world over has become a legend in equal measure. Approaching the 30th anniversary of his murder on Dec. 8, Ono is now curating an exhibition of his poems and drawings, which will be on display in SoHo, New York City. The exhibit is to benefit New York's charity food organization Citymeals-on-Wheels.

Still so full of energy for her work, Ono took a few minutes to chat with Metro about continuing the legacy of Lennon's message of world peace ... on Twitter.

In getting the exhibit together, did you unearth any new drawings?
There are some things I haven't seen in a long time but mostly I'm very aware of all the stuff because I'm working on it all the time.

Is there anything you decided to keep for yourself that will never be seen by the public?
I haven't come across something like that yet. Most of the time, I become very involved in selecting the pieces and I always choose something I think is really good and worthwhile to share.

Every week on Twitter, you answer 50 questions submitted by your followers. Why did you decide to do that?
Through Twitter, we can exchange our thoughts and ideas. I'm very into it.

As Oct. 9 would have been John Lennon's 70th birthday, do you ever feel weary by all the reminiscing?
It does weigh me down all the time but when I think about it, I believe this is worth doing. The other side of the coin is that I do in fact enjoy organizing this exhibit.

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• Develop new revenue streams
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REQUIREMENTS FOR THE POSITION:
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• Creative, entrepreneurial, strong decision maker and finely tuned negotiation skills
• Substantial network of contacts
• Sound interpersonal skills
• Strategic thinker and planner

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to vanadminintern@metronews.ca no later than October 18, 2010. PLEASE QUOTE: "Retail Sales Manager - Attn: Maryse Lalonde" in the subject line. All submissions will be treated as confidential.

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SETH WENIG/THE ASSOCIATED PRESS/

▶ Actor T.R. Knight

Knight shows nerves

Former Grey's castmember stars in theatrical salute to stage and actors

Even with his name up in lights on a Broadway marquee, former Grey's Anatomy star T.R. Knight is achingly insecure.

The fact that he's now starring — and getting equal billing — with the mighty Patrick Stewart in a David Mamet play hasn't chased away the 37-year-old actor's gnawing fear that it could all be taken away.

"You wonder if they pulled the name from the right list," he says, only half-joking, during an interview in the empty Gerald Schoenfeld Theatre. "I haven't been canned yet. But you never know."

Some of Knight's self-effacement might be due to a bronchial infection that's sapping his strength. Some of it may be simply due to his apparent ego-less personality. But much of it is the result of the ups and downs of a show biz career that began at age five.

"You set your expectations low so you're not disappointed and then something like this happens and it's fantastic. So then you go to the next job and it's like, 'Now I'll never work again,'" he says. "We choose a job where we're rejected 99 per cent of the time. We have to be just completely bonkers in order to do that."

Knight might not be appearing on Broadway in A Life in the Theatre if he hadn't last year walked away from his role as Dr. George O'Malley on on the ABC medical drama.

He asked to be released from his contract early after realizing his part was not fulfilling.

"It was time to go," Knight says of his decision. "Looking back, I learned so much and it was so valuable. But there are times in anybody's job where you feel the best decision is to move on. It doesn't detract from the knowledge that I gained, and it doesn't detract from my gratitude."

THE ASSOCIATED PRESS

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Mad Men mania

Metro chats with Mad Men co-stars Jon Hamm and Elisabeth Moss about the shows enormous success and its undeniable influence on pop culture.

Mad Men has received critical acclaim across the globe. How do you explain its incredible success?

Elisabeth Moss: I think it all started with amazing writing and the show's concept that proved to be very seductive. It then became a more deep and subtle story about the characters themselves.

Jon Hamm: The reason the show works is because it is about people. The characters are not defined by the time or space but by their personality and the relationships they have with one another. I think that is what's keeping people glued to the show.

Mad Men even seems to have influenced fashion this year...

Jon Hamm: It's a great compliment to our show to think that the first season of Mad Men could have been an inspiration to fashion. I must say that both men and women had a very sexy look back then. Paying attention to your style is a good thing. We damn sure moved far away from that in the nineties.

What common traits you do share with your characters?

Elisabeth Moss: As an actor, you can't help but bring a part of yourself into the character, even if I'm very different from Peggy in real life. Still, there is a lot of me in her.

Jon Hamm: I don't have a tremendous amount of common traits with Don Draper. But I do believe there are similarities between our characters in the show. Peggy and Don both have a lot of ambition. They have a desire to excel, and go above and beyond. In my life I have the desire to succeed and to achieve. But at the end of the day, when I get home, I'm happy to leave Don on set. METRO

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▶ Jon Hamm, left, and Elisabeth Moss, right, star in AMC's Mad Men

My TD Points covered my stay at a ski resort (even my ski lessons).

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TV picks

Awkward encounters abound

COMEDY. It's a night of sensitive conversations. Claire tries to stop Phil from giving an unfunny speech while Mitchell tries to get Cameron to modify his wardrobe on Modern Family. And a new episode of Cougar Town follows, in which Grayson decides to tell Jules about his fling with Laurie. (Citytv, ABC)
CANADIAN PRESS

Undercovers in Ireland

ACTION J.J. Abrams' husband-and-wife spy show Undercovers takes a trip to Ireland in tonight's episode. The couple find themselves searching for a prisoner who can help them locate a vital CIA hard drive. (Citytv, NBC)
CANADIAN PRESS

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▶ Outlaw star Jimmy Smits

Outlaw is out

The new Jimmy Smits drama Outlaw is headed for Saturday night and then oblivion.

NBC said Monday that the series will air at 8 p.m. EDT Saturday through Nov. 15, with a pre-emption on Oct. 30. Then the show will be off the network's schedule.

Ratings for Outlaw dwindled on Friday nights after a respectable showing last month for the first episode.

It debuted on a Wednesday night after the finale of summertime hit America's Got Talent but couldn't convert the coattails introduction into success.

Production on Outlaw has been suspended.

The legal drama had an unlikely premise, with Smits as a U.S. Supreme Court justice who quits the high court to return to his own private practice.
CANADIAN PRESS

Kiss called off

Flamboyant rocker agrees to turn down the heat for Malaysian concert
Becomes one of a list of musicians to tailor performance for country

Adam Lambert pledged yesterday to obey Malaysian government rules that forbid the flamboyant, openly gay glam rocker from kissing anyone onstage at a planned concert this week, but called it "a tough decision."

The American Idol runner-up, who is touring Asia, told The Associated Press in Hong Kong that his "main goal is to keep people entertained - not to make them uncomfortable."

Lambert is slated to perform Thursday at a stadium in Muslim-majority Malaysia's biggest city, Kuala Lumpur.

Lambert has agreed to heed restrictions against stripping, jumping and kissing onstage, said Yuen-See Cho, a representative for concert co-organizer Sony Music Entertainment Malaysia.

"It's something I'm doing out of respect," Lambert stated in an interview with the AP that took place before his Hong Kong concert.

"It's just one little thing. Man kissing another man is something that government really doesn't appreciate."

"I think it's a tough decision to make, but to me, there are so many amazing fans in Malaysia that it's more important for me to be able to come and do my show there for them and entertain them and thank them for supporting me," he added. THE ASSOCIATED PRESS

GETTY IMAGES

▶ Former American Idol runner-up Adam Lambert

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Gorillaz stay Glee-free

THE ASSOCIATED PRESS

▶ Gorillaz frontman Damon Albarn

Lead singer calls show's hits 'a very poor substitute for the real thing'

The virtual band Gorillaz isn't exactly going bananas over the television musical series Glee.

Lead singer Damon Albarn says he's not interested in letting the hit show perform covers of his band's songs.

"We wouldn't let that happen," Albarn said in an interview with The Associated Press last week.

"And not that they've asked us because they haven't, and now they definitely won't," he continued with a laugh.

Gorillaz is best known for their Grammy-winning jam Feel Good Inc., which features De La Soul. The group released two platinum-selling albums, and their latest, Plastic Beach, was released to the public in March.

Glee, the Fox television musical series about a high school glee club, recently premiered its second season. The show features cover songs from a slew of top artists, including episodes based on performers like Madonna and Britney Spears.

Gorillaz kicked off the North American leg of their Escape to Plastic Beach World Tour earlier this month. It wraps up in Vancouver on Nov. 3. THE ASSOCIATED PRESS

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Musician pleads not guilty to drinking and driving charges

A lawyer for rocker Vince Neil entered not guilty pleas for the Motley Crue singer on misdemeanour drunken driving and speeding charges.

Attorney Richard Schonfeld said Monday his 49-year-old client didn't have to appear for the pleas in Las Vegas Justice Court. Trial was set for Jan. 6.

Neil is accused of having a blood-alcohol content of 0.08 per cent and driving his Lamborghini sports car 60 mph in a 45 mph zone before he was stopped by police on June 27 near the Las Vegas Strip.

The state's legal limit for drivers is 0.08 per cent. Neil, whose hits with Motley Crue include Girls, Girls, Girls and Dr. Feelgood, lives with his fourth wife in Las Vegas. THE ASSOCIATED PRESS

GETTY IMAGES

▶ Vince Neil

BET awards aim to honour

They are of different genres and different generations, yet Ruby Dee and Missy Elliott will be among those honoured as part of the Black Girls Rock! awards show on BET.

Besides the legendary actress and the rapper-singer-producer, other honorees include actresses Keke Palmer, Raven-Symone and author Ilyana Vanzant.

Black Girls Rock! is an organization founded by DJ Beverly Bond.

It mentors young black girls and works to combat negative images of black women in the media.

Though there have been previous Black Girls Rock! awards shows, this will be the first to air nationally.

The ceremony, to be held Saturday, will air Nov.7. THE ASSOCIATED PRESS

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▶ Oliver Stone, left, and Michael Douglas, right

Douglas ailing, Stone

Director Olive Stone tells press he is concerned about actor's physical state Douglas to reprise award-winning role in Wall Street sequel

Director Oliver Stone said yesterday he is worried about the health of actor Michael Douglas, who is battling throat cancer.

Douglas, who reprised his role as stock trader Gordon Gekko in Stone's latest film Wall Street: Money Never Sleeps, is in a "precarious" state of health, Stone told reporters in Berlin.

Douglas was meant was meant to accompany him on a promotion tour in Europe, but Stone said Douglas remained in the U.S. for further cancer treatments.

Douglas, who turned 66 this year, revealed his battle with throat cancer in August.

New York-based publicist Allen Burry said Douglas finished his treatments last week.

"Doctors were very pleased and have scheduled no more treatments,'' he said.

Burry said Douglas has a six- to eight-week period of recuperation.

THE ASSOCIATED PRESS

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Moore dough for Demi

Actress to sell two 19th century European paintings at NYC auction
Bouguereau and Stevens pieces could make the star $1.5M wealthier

Demi Moore is selling two 19th century European paintings at auction, including a French work the actress says inspired her because of the artist's depiction of strong women.

William Bouguereau's Frere et Soeur, an oil painting of a young woman tenderly holding her baby brother, could fetch up to $1.5 million at Sotheby's on Nov. 4.

It was painted in 1887 by the French artist whose work is enjoying renewed interest.

Moore's other painting, Mere et Ses Enfants by Belgian painter Alfred Stevens, is estimated to bring up to $200,000.

▶ Mere et Ses Enfants by 19th century Belgian painter Alfred Stevens

While she loves both paintings, Moore said, "with the renovation and new direction our home is taking, it is time for a change."

The actress acquired the works in 1995 at a Christie's auction, paying $178,500 for Frere et Soeur and $200,500 for the Stevens painting.

"I find Bouguereau to be particularly engaging for me personally and have chosen to hold on to a smaller piece to carry with me throughout the years," said the star known for her work in such films as Ghost, Indecent Proposal and A Few Good Men.

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▶ Demi Moore

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Jury in session

Panel discusses Anna Nicole Smith drug conspiracy case Medication was for pain, defence argues

A jury has begun deliberations in the highly publicized drug conspiracy case against Anna Nicole Smith's two doctors and her lawyer-boyfriend.

After nine weeks of testimony and arguments, the panel of six women and six men began considering 11 charges Monday.

Jurors must decide whether the defendants provided excessive opiates and sedatives to the former Playboy model knowing she was an addict.

Defence lawyers have said that Anna Nicole Smith was not an addict and the medications were for pain.

Drs. Sandeep Kapoor and Khristine Eroshevich and Smith's boyfriend Howard K. Stern have pleaded not guilty to charges including prescribing under false names.

They are not charged in Smith's 2007 overdose death in Florida.

THE ASSOCIATED PRESS

WIN MCNAMEE/GETTY IMAGES

▶ The late Anna Nicole Smith is shown exiting the U.S. Supreme Court with attorney and eventual boyfriend Howard K. Stern in 2006

Moss says coke scandal helped her career

While it may seem like Kate Moss' cocaine scandal in 2005 hurt her career, her agent insists it actually helped. "I basically just spent a lot of time on the phone trying to reassure her big clients that you can't believe everything you read and, unfortunately, all press actually is good press in this world we live in," agent Sarah Doukas says in a BBC radio interview. METRO

Aguilera and hubby split

After five years of marriage, Christina Aguilera and husband Jordan Bratman have separated, according to Us Weekly. "They are now living apart, and they will see how that goes," says a source close to the singer. "It became clear they were more like friends than husband and wife." METRO

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Cox-Arquette hyphen no longer needed

Courteney Cox and David Arquette have separated, they announced in a statement this week. "We have agreed to a trial separation that dates back for some time," the statement read. "We are comfortable with the boundaries that we have established for each other during this separation." And sources are saying that Arquette has already moved on — with a Los Angeles bartender named Jasmine Waltz. "Jasmine and David have been hooking up recently," a source tells Life & Style. Waltz was also accused recently of punching Lindsay Lohan in the face at nightclub Voyeur. METRO

Radcliffe looking forward to the stage

Daniel Radcliffe is looking forward to his return to Broadway for more than one reason. The Harry Potter star is set to star in a revival of How to Succeed in Business Without Really Trying, and he can't wait to meet his co-stars. "I've been in relationships from the age of 14 and now I'm single," he tells Dazed and Confused magazine. "I said to a friend the other day, 'Dude, I'm doing a show with dancers. I've got to be single.' He was like, 'Don't sleep with anyone in your own show. That's a mistake.' It's good advice. But I'm not sure I'll stick to it." METRO

Friends' star weds

While former Friends castmate Courteney Cox's marriage is ending, David Schwimmer recently tied the knot, according to Hollyscoop. The actor married his British girlfriend, Zoe Buckman, in June but managed to keep it out of the press. METRO

Celebrity tweets

Judd Apatow [@JuddApatow] I can see how reading other people's tweets can suck up all the free time in my life. I need to reconsider this hobby.

50 Cent [@50cent] It kills me when people try to front like I'm not nice. Maybe after the next 40 million records sold they will keep it real.

Snooki [@Sn00ki] Dear youtube, please hurry up your maintenance so my video can upload. thanks

Jessica Simpson [@Jessica Simpson] First day off today in over a month and realized that even when I take a day off-my life is always at work and it is a BEAUTIFUL thing. METRO

I paid for a resort in paradise with TD Points (even the scuba lessons).
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Ashton knows the secret to Demi's heart: Tweeting across the dinner table

Ashton Kutcher is ignoring infidelity rumours and talking about how he and wife Demi Moore show their affection — by using Twitter. "A lot of times my wife and I sit across from each other and Tweet. It's a little bizarre," he tells Reuters while in Israel this week. "It's the same reason why you send roses to a woman at work. Sometimes people like to be adored in public." A Kutcher spokesperson denies the couple is in Israel to secretly renew their wedding vows, as sources have claimed. METRO

Everybody is relaxed in Jamaica, even apparently the sharks who will sit on your lap

FLICKR: TOO SWEET

▶ St. Thomas Lighthouse, Jamaica.

Learning to love sharks

THE TRAVELIN' CANADIAN

DARREN PARKMAN
LIFE@METRONEWS.CA

Jamaica brings a new twist to that bad old joke "Is that a Shark in your lap, or are you just happy to see me"?

This gorgeous island nation offers many strange and wonderful adventures, but perhaps the strangest (and scariest) happens at Dolphin Cove outside the city of Ochos Rios.

DARREN PARKMAN/METRO

▶ Darren Parkman got right in there with a nurse shark.

Here, you can swim with dolphins, handle tame stingrays, and even brave the very surreal experience of having a very real, and lively shark on your lap!

Yes … a deadly shark, with real teeth.

I jumped into a shark infested pool, and reluctantly plunked myself down on a chair submerged below the water, just in time for a trained guide to toss a giant 10 foot nurse shark directly onto my lap. Was I close to having a heart attack, or a bladder accident? Admittedly, yes!

At first this huge shark just seemed to lie there resting, while my quivering hand gingerly stroked its sandpaper-like back. Nurse sharks have literally thousands of serrated teeth, and have been known to bite humans when they are annoyed. I was doing my absolute best not to annoy this shark on my lap.

Then, to be funny, my guide quickly fed the shark a fish, and it suddenly started thrashing around in a feeding frenzy, right there on my lap. I didn't find this all that funny. More horrifying, actually. Still, when it was all over and I emerged shaking, but alive from the water. I felt almost proud.

Must do activities while in Jamaica

Martha Brae River Rafting:
For about C$30, it's a leisurely two-hour trip down a slow moving river, surrounded by thick jungle like growth and wildlife. After launching about 90 minutes from Montego Bay, you can leisurely sip a Red Stripe beer, while watching for wild parrots and native birds. Each raft has it's own captain, so there's no paddling, just relaxing.

Shopping near Montego Bay:
The island has the usual tourist shops featuring carvings, paintings and souvenirs, but you will get great bang for your buck. $10 Canadian equals more than $800, so you'll have money left over for a famous Jamaican jerk chicken. Local merchants are especially friendly and helpful.

DARREN PARKMAN

3 life

Travel job

Would you like a job that includes adventure, travel, living in the lap of luxury and demands that you take a vacation every month? Transat Holidays is looking for an English-speaking and a French-speaking person to travel and blog about their experiences for one year.

Interested applicants are required to create a two minute or less video application in English or French explaining why they are uniquely qualified for the job and profiling a local tourist attraction. The search is only open until Nov. 7, and candidates are required to complete an application form and upload their CV and video to vacationer.transatholidays.com. METRO

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When you head to Hawaii don't miss out on Kauai ◐ Beaches, rainforest, volcanoes, golf course and perfect weather ◐ The other forgotten gem offers everything the other Hawaiian islands have and much more

FLICKR: ALASKAN DUDE

Hawaii's garden island Kauai

THE TRAVELIN' CANADIAN

DARREN PARKMAN
LIFE@METRONEWS.CA

The Hawaiian Island of Kauai is blessed with stunning beaches, waterfalls, and canyons, and then ... there's all those wild beach chickens!

After traveling all over the world, this is really one of the strangest and funniest things I've ever experienced. Wild, noisy, colourful, moody, chickens everywhere. While lounging on the beach one day, I looked up to see a big rooster struggling across the sand with a harem of four hens in tow. While inside a local supermarket, I casually passed two big black hens strolling down the meat aisle. More than once, a random rooster tried to charge me, causing me to turn a bit chicken myself.

So how did all this poultry end up ruling a beautiful beach paradise?

Well, the popular theory is, back in 1992, several Kauai chicken farms were destroyed by Hurricane Iniki, freeing the brazen birds to forever roam. Another theory claims sugarcane plantation workers brought a bunch of chickens to the island, only to have them escape and multiply at an alarming rate. Whatever, the reason for their widespread presence, these feral birds make for good entertainment.

Tourists take their picture, and hopefully slow down to let them cross the road, sometimes in packs.

The only downside? I found even wearing earplugs inside my beachfront hotel room, didn't drown out the deafening sound of "cock-a-doodle-do" at 5 a.m. most mornings.

That's still a small price to pay to witness such a comical and unlikely Hawaiian mascot.

I'd go back to Kauai just for the chickens!

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3 top backpacks

Cutest: Jeep Floral

1 From the makers of the quintessential rough-and–ready, super-rugged, battlefield automobile comes … er, a lovely flowery backpack. And, compared to most standard rucksacks (any colour as long as it's black) the Floral is very pretty. But, as you might expect, it's also purposeful. It's well designed and well stitched together, with a double-strength base and scuff-resistant fabric, good wide straps.

Best in town: Osprey Comet

2 This pack is part of the 24/7 range purpose-built to 'bridge-the-gap between the hill and high-street' and it does it very well indeed. All packs feature key hiking must-haves such as a sternum strap with whistle buckle, walking pole loop plus in-town necessities like MP3 pocket, elasticated laptop sleeve with padded base, a mini-organiser in the front stash pocket. It's comfy to wear.

Best in the country: North Face Borealis

3 A not dissimilar beast to the RipCurl but a little smaller and more freeform. Laptop pocket of course, waterproof internal pocket, an inside sleeve for a camelback drinking system and simple layout. But the real key to this one is the Aircomfort breathable mesh and straps which make it probably the most comfortable to wear of all our test rucksacks.

● METRO

Zap Zits

The Pimple Healer (Mario Badescu) dries out pimples overnight and helps prevent breakouts.

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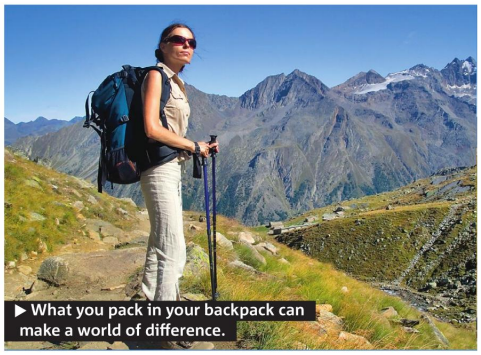

▶ What you pack in your backpack can make a world of difference.

Packing your bags

EVELYN HANNON
LIFE@METRONEWS.CA
JOURNEYWOMAN.COM

Wonder what a woman carries in her backpack?

Here are several helpful "must-pack-this-in-my-backpack" picks.

She's So Practical

1 Pack a folding umbrella that has an aluminum spine and handle. This type is more expensive, but it's so light, you'll almost forget you're carrying it.

2 In hot humid countries, a folding paper fan works wonders when waiting at bus stops or travelling by (non-air conditioned) vehicles.

3 A mini flashlight — the light disposable type is invaluable for Third World destinations where power failures are frequent.

All Bathrooms Aren't Created Equal

4 Always carry emergency toilet paper or a package of tissues. In some parts of the world, it's either very scarce or too coarse to be usable.

5 Handiwipes are perfect when hand-washing facilities aren't readily available.

She's Health Wise

6 Feel a cold coming on? Keep lots of chewable Vitamin C on hand. Many women swear by it.

7 No chicken soup available? For some women, Ancient Healing Formula in tea bag form is the anti-sniffles remedy of choice.

She Needs Her Beauty Sleep

8 Don't leave home without your eye-shades or your earplugs.

9 Carry clothespins for those hotel drapes that refuse to close properly. They're perfect for blocking out the early morning sun.

Ms. Fix-it

10 A small roll of electrical tape has a myriad of uses.

11 Don't throw away the plastic canister that your film comes in. They make perfect do-it-yourself sewing kits.

She's a Hungry Girl

12 Many hotels and B&B's now provide electric kettles in their guest rooms. It's great to have packets of dehydrated soups.

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Homemade baby food not so hard

HANDOUT

▶ Making your own baby food can be fun and it'll also taste delicious for your baby. Seen here is some rice pudding, recipe below.

Chances are that if you are attuned to eating locally grown, fresh food, you'll also want your baby to do the same. Such food is unlikely to be found in jars of commercial baby food, however. But you can be sure your baby will eat well and healthfully if you make some of his or her meals at home using much of what the rest of the family is eating.

"Whatever is seasonal and whatever you have on hand can be given to your baby," says Nicole Young of Toronto. She is a trained chef, food stylist, recipe developer, food writer and the mother of two children.

"If you have ever looked at jars of baby food in the supermarket and in particular strained chicken, it is akin to cat food and is gross," she says.

Young says that there are many benefits to giving your child homemade baby food.

"You are choosing the produce so it is going to be higher quality, it is going to taste better as it is real food and you are going to get the baby to table foods much faster."

Young says that's because you can control the texture — which is not possible with strained foods "such as you find in jars because they resemble custard with little texture."

Acknowledging that some mothers will say they don't have time to make their own baby food, she maintains that it takes little effort.

"Right now moms and tots groups are very popular where they get together for support and enjoyment," Young says. "I suggest everyone pick one vegetable, process it and freeze in ice cube trays and swap at the next get-together."

If you are cooking chicken for dinner, set aside a little bit for baby. Don't salt it. Cook and purée or shred it, she suggests.

THE CANADIAN PRESS

RECIPE

Making your own baby food is easy

Here are two nutritious recipes to appeal to your little one.

Avocado Banana Rice Mash

Preparation:

1. In a bowl, stir together rice, avocado, banana and applesauce until well combined. Refrigerate leftovers for up to 2 days.

Rice Pudding

Preparation:

1. In a medium saucepan, combine rice and water. Bring to a boil over medium-high heat. Cover, reduce heat and cook until rice is tender and most of the liquid has been absorbed, about 20 minutes.
2. Stir in apple, banana and milk and cook for 10 minutes. Sprinkle with cinnamon, if desired.

THE CANADIAN PRESS

Ingredients:

Avocado Banana Rice Mash

- 250 ml (1 cup) cooked white or brown rice
- 1/2 avocado, mashed
- 1/2 banana, mashed
- 45 ml (3 tbsp) unsweetened applesauce

Rice Pudding

- 125 ml (1/2 cup) uncooked rice
- 500 ml (2 cups) water
- 1 medium apple, peeled, cored and grated
- 1 mashed banana
- 50 ml (1/4 cup) fortified rice milk or cow's milk
- Pinch cinnamon

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Fishy past can trip up job hunt

DREW HINSHAW
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Leaping over the usual job search hurdles — computerized resume scans, scripted job interviews, routine background checks and calls placed to references — is a daunting enough feat in an ice age of hiring freezes and a high unemployment.

Bury a criminal record, a youthful mishap, or even an eyebrow-arching employment gap onto that resume, and you could easily feel like the last untouchable the corporate community will ever deign to hire.

That self-skepticism, motivational coach Eric Mayo warns, is one of the true burdens of a criminal past.

"I wouldn't rule out applying to a job you feel qualified for," he encourages.

"You may get only some of the jobs you apply for, but you get none of the jobs you don't apply for."

That said, some enterprises put out a softer welcome mat than others. The powers-that-hire at small businesses or independent temping agencies are more likely to shrug their shoulders at a one-off battle with the law than an HR rep towing multinational corporate policy.

But if those mom-and-pop storefronts do ask for a background check, career consultant Cynthyia Shapiro recommends the "Sign-and-Smile" strategy.

"The trick that companies have figured out is that if they put this background check form thing in front of you, nine times out of ten, you'll confess," she explains. "So sign it with a big smile on your face, hand it back, say thanks — and hope they don't actually check."

A more direct answer, however, may require a more direct answer, Mayo cautions.

When confronted about a lapse in your career history or some red ink on your police papers, he suggests the following response: "I'm glad you asked about that because I want you to feel comfortable hiring me. I've made some bad choices, but I've learned from them."

"Focus less on the past than on what you've been doing since, like continuing your education," he offers. "Be honest. If someone asks you a straight question, give them a straight answer."

▶ The first position you get after an employment gap can help put the whole mess behind you.

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Use social media to showcase work

Students must learn to take control of their online identities

RAF BRUSILOW
LIFE@METRONEWS.CA

▶ Do you have a great idea? Social media can help you get the message out to the world.

Social media can help you make friends but can it help you get a degree, or even a job?

Experts say yes, as long as you clean up your act a bit first.

Beyond offering fun ways of keeping in touch, online sites like Facebook, LinkedIn or ePortfolio.org hold a lot of potential for sharing ideas beyond the classroom and connecting you to employers.

Tim Richardson, a professor of e-commerce who teaches at the University of Toronto, uses social media sites like YouTube as a direct part of his classes and he encourages students to showcase the work they're proud of, like research presentations, online. He says social media can impact the classroom in a positive way because it often allows for active communication.

"Learning is not just about how we teach the course but it's about students teaching themselves. True communication is two-way, people have to be able to listen and respond to your ideas," Richardson said.

David Vogt, director of digital learning projects at the University of British Columbia's Faculty of Education, suggests the self-publishing aspects of social media can act as a kind of electronic resume but students also need to take command of their online image lest they reveal things that could harm their reputation.

"You have to think about managing your presence online and make sure there's not a bunch of embarrassing stuff out there about you. You also want to provide really accurate demonstrations of how you work. Think of anything you've done as resume material — everything digital about yourself you can aggregate," Vogt said.

Of course, online life can have its pitfalls — particularly those of the self-inflicted variety. The simple truth of the digital age is that if you put something into the public sphere, it can exist essentially forever, so make sure that any personal information you place online is of the kind that won't come back to haunt you.

"Be careful about privacy issues and remember that screen captures can live forever. When you're posting something and your 21, you don't want future employers, boyfriends or children asking about it years down the road," Richardson said.

social media tips

- **Electronic portfolio sites** like ePortfolio.org or LinkedIn can be a great way to put your best foot forward, but only if you keep them updated regularly. Always put your most recent, best work first and make sure all your posted information is current.

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4 sports

Canucks lean on Luongo

While Vancouver's offence has struggled out the gate, the club's goalie is standing on his head Luongo has a .973 save percentage over 125 minutes

Netminder Roberto Luongo has made subtle changes to his game and they're already helping the goal-starved Vancouver Canucks.

He's faced a torrent of rubber but has a goals-against average under 1.00 through two games in which his teammates have struggled to get pucks past their opponents.

"I'm feeling good," Luongo, now under the tutelage of new goaltending coach Rollie Melanson, said after yesterday's practice.

"My style is going to be the same but (there's been) just a little bit of minor changes in positioning, the way you move around and stuff like that."

Luongo's stats would be even better as the only puck to get behind him in a 2-1 win over Florida on Monday was the result of a double deflection off two teammates.

"It's great to know you have a goalie like that behind you," said defenceman Alex Edler, whose skate caused the second change of direction.

"He's making huge saves all the time."

The Canucks lost their Saturday home opener 2-1 in a shootout after Luongo bailed out his club with six key saves against Los Angeles during a 4-on-3 overtime power play.

.913 Luongo posted a .913 save percentage last season, the worst since his rookie year.

"I believe in what Rollie's teaching me and I feel more comfortable, so it's nice to see some results right away."
ROBERTO LUONGO ON GOALTENDING COACH ROLLIE MELANSON

He's made 74 saves while allowing only two goals over 125 minutes for a .973 save percentage.

The sputtering Vancouver offence is hoping to provide more support today in Anaheim and Friday in a rematch against the Kings.

Melanson has Luongo playing deeper in his crease while opponents have the puck in the Canucks zone. He has also changed his footwork.

"I keep pushing a little bit more," Luongo said. "I've always been more of a shuffler around the crease area.

"I try to get key pushes going so I'm set a bit earlier for plays and shots."

But Luongo will still leave the blue paint to challenge shooters on breakaways or odd-man rushes. The changes are intended to position him better for rebounds and back-door passes.

Melanson, who was on head coach Alain Vigneault's staff in Montreal, was hired as a full-time goalie coach.

He replaces Dallas-based Ian Clark who worked with Luongo last season as a part-time consultant.
THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

▶ Canucks goalie Roberto Luongo keeps his eyes on the puck after making a save against the Florida Panthers on Monday.

Quoted

"A lot of actions on the ice are regrettable. I've been given a suspension from the league and I'm going to accept it and move on from here."
ISLANDERS DEFENCEMAN JAMES WISNIEWSKI, WHO WAS SUSPENDED YESTERDAY BY THE NHL FOR TWO GAMES BECAUSE OF AN OBSCENE GESTURE HE MADE TOWARD SEAN AVERY DURING A GAME MONDAY.

Rangers down Rays to win playoff series for first time

RANGERS	RAYS
5	1

Cliff Lee added another impressive line to his growing October resume, putting the Texas Rangers on his back and carrying them into the AL championship series for the first time.

Lee tossed another post-season gem and Texas won a playoff series for the first time, beating the Tampa Bay Rays 5-1 last night in a decisive Game 5 on the legs of some daring baserunning.

Lee struck out 11 in a six-hitter for his second win over Rays ace David Price in a series in which the road team won every game — a first in major league history.

The Rangers will host the wild-card New York Yankees in the opener of the best-of-seven ALCS on Friday night. Texas' previous three playoff appearances ended with first-round losses to New York, in 1996, 1998 and 1999.

The teams split eight games during the regular season, with the Rangers winning the final four.

Ian Kinsler hit a two-run homer in the ninth inning for Texas, which had been the only active major league franchise that hadn't won a playoff series.

Lee improved to 6-0 with a 1.44 ERA and three complete games in seven career post-season starts.
THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	3	2	0	1	0	8	6	5	1-0-0-0	1-0-1-0	2-0-1-0	W1
d-Toronto	2	2	0	0	0	8	3	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Carolina	2	2	0	0	0	6	4	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
Washington	3	2	1	0	0	12	8	4	2-0-0-0	0-1-0-0	2-1-0-0	W2
NY Islanders	2	1	0	0	1	10	9	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Tampa Bay	1	1	0	0	0	5	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
NY Rangers	2	1	1	0	0	10	9	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Boston	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Montreal	2	1	1	0	0	5	5	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
Atlanta	3	1	2	0	0	8	10	2	1-0-0-0	0-2-0-0	1-2-0-0	L2
Buffalo	3	1	2	0	0	8	11	2	0-2-0-0	1-0-0-0	1-2-0-0	L2
Pittsburgh	3	1	2	0	0	7	7	2	0-2-0-0	1-0-0-0	1-2-0-0	W1
New Jersey	3	0	2	1	0	6	14	1	0-1-1-0	0-1-0-0	0-2-1-0	L3
Ottawa	3	0	2	1	0	4	10	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Florida	2	0	2	0	0	3	5	0	0-0-0-0	0-2-0-0	0-2-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	3	2	0	0	1	11	7	5	1-0-0-1	1-0-0-0	2-0-0-1	L1
d-Dallas	2	2	0	0	0	9	7	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
d-Edmonton	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
St. Louis	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
Colorado	3	2	1	0	0	11	11	4	1-0-0-0	1-1-0-0	2-1-0-0	W1
Los Angeles	3	2	1	0	0	6	5	4	1-0-0-0	1-1-0-0	2-1-0-0	W1
San Jose	2	1	0	1	0	5	5	3	1-0-0-0	0-0-1-0	1-0-1-0	L1
Vancouver	2	1	0	0	1	3	3	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Chicago	3	1	1	1	0	9	10	3	0-1-0-0	1-0-1-0	1-1-1-0	W1
Nashville	1	1	0	0	0	4	1	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Columbus	2	1	1	0	0	5	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Phoenix	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	L1
Calgary	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Minnesota	2	0	1	0	1	4	6	1	0-1-0-0	0-0-0-1	0-1-0-1	L2
Anaheim	3	0	3	0	0	2	13	0	0-0-0-0	0-3-0-0	0-3-0-0	L3

d — division leader; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Last night's results
Colorado 5 Detroit 4 (SO)
Los Angeles 3 Atlanta 1
Monday's results
Vancouver 2 Florida 1
Washington 3 Ottawa 2 (OT)
Chicago 4 Buffalo 3
N.Y. Islanders 6 N.Y. Rangers 4
Philadelphia 4 Colorado 2
Pittsburgh 3 New Jersey 1
St. Louis 5 Anaheim 1
Tonight's games
(All times Eastern)
New Jersey at Buffalo, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Toronto at Pittsburgh, 7:30 p.m.
Nashville at Chicago, 8:30 p.m.
Vancouver at Anaheim, 10 p.m.
Tomorrow's games
Tampa Bay at Philadelphia, 7 p.m.
Carolina at Ottawa, 7:30 p.m.
St. Louis at Nashville, 8 p.m.
Edmonton at Minnesota, 8:30 p.m.
Detroit at Dallas, 8:30 p.m.
Florida at Calgary, 9 p.m.
Friday's games
Colorado at New Jersey, 7 p.m.
Toronto at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Chicago at Columbus, 7 p.m.
Montreal at Buffalo, 7:30 p.m.
Atlanta at Anaheim, 10 p.m.
Vancouver at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Roy, Buf	4	1	5
Hossa, Chi	3	2	5
Ovechkin, Wash	3	2	5
Comeau, NYI	3	1	4
Dubinsky, NYR	3	1	4
Horton, Bos	3	1	4
Leopold, Buf	2	2	4
Bailey, NYI	1	3	4
Carlson, Wash	1	3	4
Martin, Pgh	1	3	4
B.Richards, Dal	1	3	4
Ennis, Buf	0	4	4
Morrow, Dal	3	0	3
Stepan, NYR	3	0	3
Arnott, NJ	2	1	3
Bickell, Chi	2	1	3
Fehr, Wash	2	1	3
Goligoski, Pgh	2	1	3
Huselius, Clb	2	1	3
Kessel, Tor	2	1	3
Laich, Wash	2	1	3
MacArthur, Tor	2	1	3
Moulson, NYI	2	1	3
D.Sedin, Vcr	2	1	3
Stamkos, TB	2	1	3
Vrbata, Phx	2	1	3
Anisimov, NYR	1	2	3
Bertuzzi, Det	1	2	3
Elias, NJ	1	2	3
Fleischmann, Wash	1	2	3
Girardi, NYR	1	2	3
J.Jokinen, Car	1	2	3
Nielsen, NYI	1	2	3
Stafford, Buf	1	2	3
Weight, NYI	1	2	3

Not including last night's games

LATE MONDAY

CANUCKS 2, PANTHERS 1

First Period
1. Vancouver, D.Sedin 1 (Samuelsson, H.Sedin) 12:39
Penalty — Alberts Vcr (hooking) 18:33.
Second Period
2. Florida, Olesz 1 (Santorelli, Stillman) 19:22
Penalties — Samuelsson Vcr (slashing) 1:24, H.Sedin Vcr (hooking) 15:05.
Third Period
3. Vancouver, D.Sedin 2 (H.Sedin, Samuelsson) 14:52
Penalties — None.
Shots on goal by

Florida	12	10	20	42
Vancouver	12	11	12	35

Goal — Florida: Vokoun (L,0-2-0); Vancouver: Luongo (W,1-0-1).
Power plays (goals-chances) — Florida: 0-3; Vancouver: 0-0.
Referees — Ian Walsh, Brad Watson. **Linesmen** — Darren Gibbs, Mike Cvik.
Attendance — 18,860 (18,860) at Vancouver.

MLB

2010 POSTSEASON

DIVISION SERIES

AMERICAN LEAGUE
Tampa Bay vs. Texas
(Texas wins series 3-2)
Last night's result
Texas 5 Tampa Bay 1
Minnesota vs. New York
(New York wins series 3-0)
NATIONAL LEAGUE
Philadelphia vs. Cincinnati
(Philadelphia wins series 3-0)
San Francisco vs. Atlanta
(San Francisco wins series 3-1)

LEAGUE CHAMPIONSHIP SERIES

AMERICAN LEAGUE
Friday's game
New York (Sabathia 21-7) at Texas (Wilson 15-8), 8:07 p.m.
Saturday's game
New York (Pettitte 11-3 or Hughes 18-8) at Texas (Lewis 12-13 or Hunter 13-4), 4:07 p.m.
Monday, Oct. 18
Texas (Lee 12-9) at New York (Hughes 18-8 or Pettitte 11-3), 8:07 p.m.
Tuesday, Oct. 19
Texas at New York (Burnett 10-15), 8:07 p.m.
Wednesday, Oct. 20
Texas at New York, 4:07 p.m., if necessary
Friday, Oct. 22
New York at Texas, 8:07 p.m., if necessary
Saturday, Oct. 23
New York at Texas, 8:07 p.m., if necessary

NATIONAL LEAGUE
Saturday's game
San Francisco (Lincecum 16-10) at Philadelphia (Halladay 21-10), 7:57 p.m.
Sunday's game
San Francisco (Cain 13-11) at Philadelphia (Oswalt 13-13), 8:19 p.m.
Tuesday, Oct. 19
Philadelphia (Hamels 12-11) at San Francisco (Sanchez 13-9), 4:19 p.m.
Wednesday, Oct. 20
Philadelphia at San Francisco, 7:57 p.m.
Thursday, Oct. 21
Philadelphia at San Francisco, 7:57 p.m., if necessary
Saturday, Oct. 23
San Francisco at Philadelphia, 3:57 p.m. or 7:57 p.m., if necessary
Sunday, Oct. 24
San Francisco at Philadelphia, 7:57 p.m., if necessary

RANGERS 5, RAYS 1

Texas	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Andrus ss	5	1	2	0	Bartlett ss	4	0	3	0
MYong 3b	4	0	0	0	Zobrist rf	4	0	1	1
JHmltn cf	4	0	0	1	Crwfrd lf	4	0	0	0
Guerrr dh	4	1	1	0	Longori 3b	4	0	0	0
N.Cruz lf	4	2	3	0	C.Pena 1b	4	0	0	0
Kinsler 2b	4	1	3	3	BUpton cf	4	0	1	0
Francr rf	4	0	0	0	DJhnsn dh	2	0	0	0
BMolin c	4	0	1	0	WAyar ph-dh	1	0	0	0
Morlnd 1b	4	0	1	0	Shppch c	3	0	0	0
SRdrgz 2b	3	1	1	0					
Totals	37	5	11	4	Totals	33	1	6	1

Texas	100	101	002	5
Tampa Bay	001	000	000	1

E—J.Hamilton (1), Shoppach (1), Longoria (2). DP—Tampa Bay 2. LOB—Texas 5, Tampa Bay 5. 2B—N.Cruz (2), Moreland (3), Bartlett (1). HR—Kinsler (3). SB—Andrus (3), N.Cruz (1), B.Molina (1), B.Upton (2).

	IP	H	R	ER	BB	SO
Texas						
Cl.Lee W,2-0	9	6	1	1	0	11
Tampa Bay						
Price L,0-2	6	8	3	3	0	6
Balfour	1	0	0	0	0	1
Benoit	1	0	0	0	0	1
R.Soriano	1	3	2	2	0	0

Umpires—Home, Jeff Kellogg; First, Mike DiMuro; Second, Tim Welke; Third, Jim Wolf; Right, Bill Miller; Left, Jerry Meals.
T—3:00. A—41,845 (36,973) at St. Petersburg, Fla.

GAMES

COMMONWEALTH GAMES

At New Delhi

WHAT CANADA DID

DIVING
Men
3-metre synchronized: Alexandre Despatie, Laval, Que., and Reuben Ross, Pilot Butte, Sask., won gold.
Women
1-metre springboard: Jennifer Abel, Laval, Que., wins gold; Emelie Heymans, St-Lambert, Que., won bronze.

FIELD HOCKEY
Men
Canada def. Malaysia 3-2 in seventh-place game.

RHYTHMIC GYMNASTICS
Women
Team:Canada wins silver.

RUGBY SEVENS
Men
Canada finishes eighth, loses 17-10 to Papua New Guinea in consolation Bowl final.

SHOOTING
Women
10-metre air pistol pairs: Dorothy Ludwig, Langley, B.C., and Lynda Hare, Calgary, win bronze.

TRACK AND FIELD
Men
4x100 relay: Canada (Hank Palmer, Lasalle, Que.; Seyi Smith, Ottawa; Jared Connaughton, New Haven, P.E.I.; Sam Effah, Calgary), disqualified for exchange violations.
Women
Pole vault: Carly Dockendorf, Port Moody, B.C., and Kelsie Hendry, Saskatoon, tied for third, 4.25.
800 metres: Megan Wright, Edmonton, eighth, 16:55.86.
4x400 relay: Canada (Amonn Nelson, Calgary; Adrienne Power, Halifax; Vicki Tolton, Smithers, B.C.; Carline Muir, Edmonton), fourth, 3:30.20.

TRANSACTIONS

BASEBALL

MLB
AMERICAN LEAGUE
DETROIT TIGERS — Declined their 2011 contract option on OF Maggio Ordonez.
NATIONAL LEAGUE
CHICAGO CUBS — Announced the retirement of ticket operations director Frank Maloney, effective at the end of the 2010 calendar year.

FOOTBALL

NFL
BUFFALO BILLS — Signed LB Thomas Williams to the practice squad.
CLEVELAND BROWNS — Re-signed QB Brett Ratliff. Terminated the contract of WR Sam Aiken.
NEW ENGLAND PATRIOTS — Placed OL Nick Kaczur on injured reserve.

HOCKEY

NHL
ANAHEIM DUCKS — Signed G Igor Bobkov to a three-year contract.
BOSTON BRUINS — Assigned G Nolan Schaefer to Providence (AHL).
CAROLINA HURRICANES — Assigned F Jiri Tlusty to Charlotte (AHL) for conditioning.
TORONTO MAPLE LEAFS — Waived D Jeff Finger.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	28	14	8	6	35	27	48
x-Columbus	28	13	8	7	35	31	46
Kansas City	28	10	12	6	32	33	36
Chicago	28	8	12	8	33	37	32
Toronto FC	28	8	13	7	28	37	31
New England	28	8	15	5	31	48	29
Philadelphia	28	7	14	7	32	45	28
D.C. United	28	6	19	3	19	44	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	28	17	6	5	41	22	56
x-Real Salt Lake	28	14	4	10	41	18	52
x-FC Dallas	28	12	2	14	41	24	50
x-Seattle	28	13	9	6	36	32	45
x-San Jose	27	12	8	7	30	28	43
Colorado	28	11	8	9	39	29	42
Chivas USA	27	8	15	4	29	36	28
Houston	28	7	15	6	37	48	27

x — clinched playoff berth.
Last night's result
Kansas City 2 Chicago 0
Friday's game
(All times Eastern)
Chivas USA at Seattle, 11 p.m.

2012 EUROPEAN CHAMPIONSHIP QUALIFYING

Group A
Azerbaijan 1, Turkey 0
Belgium 4, Austria 4
Kazakhstan 0, Germany 3
Group B
Armenia 4, Andorra 0
Macedonia 0, Russia 1
Slovakia 1, Ireland 1
Group C
Estonia 0, Slovenia 1
Faeroe Islands 1, Northern Ireland 1
Italy 0, Serbia 0
(abandoned, 7 minutes, fan violence)
Group D
Belarus 2, Albania 0
France 2, Luxembourg 0
Group E
Finland 1, Hungary 2
Netherlands 4, Sweden 1
San Marino 0, Moldova 2
Group F
Greece 2, Israel 1
Latvia 1, Georgia 1
Group G
England 0, Montenegro 0
Switzerland 4, Wales 1
Group H
Denmark 2, Cyprus 0
Iceland 1, Portugal 3
Group I
Liechtenstein 0, Czech Republic 2
Scotland 2, Spain 3

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	14	10	4	0	455	356	20
Hamilton	14	7	7	0	366	366	14
Toronto	14	7	7	0	283	363	14
Winnipeg	14	4	10	0	392	385	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	14	10	4	0	471	341	20
x-Saskatchewan	14	9	5	0	399	369	18
B.C.	14	5	9	0	356	366	10
Edmonton	14	4	10	0	273	449	8

x — clinched playoff berth.
Friday's game
(All times Eastern)
Hamilton at Toronto, 7:30 p.m.
Saturday's game
Edmonton at B.C., 10 p.m.
Sunday's games
Winnipeg at Montreal, 1 p.m.
Calgary at Saskatchewan, 4 p.m.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	4	1	0	.800	135	81
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	5	0	.000	87	161

SOUTH	W	L	T	Pct	PF	PA
Houston	3	2	0	.600	118	136
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95
Indianapolis	3	2	0	.600	136	101

NORTH	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	92	72
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	3	0	.400	100	102
Cleveland	1	4	0	.200	78	97

WEST	W	L	T	Pct	PF	PA
Kansas City	3	1	0	.750	77	57
Oakland	2	3	0	.400	111	134
Denver	2	3	0	.400	104	116
San Diego	2	3	0	.400	140	106

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Washington	3	2	0	.600	89	92
N.Y. Giants	3	2	0	.600	106	98
Philadelphia	3	2	0	.600	122	103
Dallas	1	3	0	.250	81	87

SOUTH	W	L	T	Pct	PF	PA
Atlanta	4	1	0	.800	113	70
Tampa Bay	3	1	0	.750	74	80
New Orleans	3	2	0	.600	99	102
Carolina	0	5	0	.000	52	110

NORTH	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	92	74
Green Bay	3	2	0	.600	119	89
Minnesota	1	3	0	.250	63	67
Detroit	1	4	0	.200	126	112

WEST	W	L	T	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	2	2	0	.500	75	77
St. Louis	2	3	0	.400	83	96
San Francisco	0	5	0	.000	76	130

WEEK 5

Byes: Miami, New England, Pittsburgh, Seattle
Monday's result
N.Y. Jets 29 Minnesota 20
Sunday's results
Arizona 30 New Orleans 20
Atlanta 20 Cleveland 10
Baltimore 31 Denver 17
Chicago 23 Carolina 6
Detroit 44 St. Louis 6
Indianapolis 19 Kansas City 9
Jacksonville 36 Buffalo 26
N.Y. Giants 34 Houston 10
Oakland 35 San Diego 27
Philadelphia 27 San Francisco 24
Tampa Bay 24 Cincinnati 21
Tennessee 34 Dallas 27
Washington 16 Green Bay 13 (OT)

WEEK 6

Byes: Arizona, Buffalo, Carolina, Cincinnati
Sunday, Oct. 17
Seattle at Chicago, 1 p.m.
Miami at Green Bay, 1 p.m.
Kansas City at Houston, 1 p.m.
Cleveland at Pittsburgh, 1 p.m.
San Diego at St. Louis, 1 p.m.
Detroit at N.Y. Giants, 1 p.m.
Baltimore at New England, 1 p.m.
Atlanta at Philadelphia, 1 p.m.
New Orleans at Tampa Bay, 1 p.m.
N.Y. Jets at Denver, 4:05 p.m.
Oakland at San Francisco, 4:05 p.m.
Dallas at Minnesota, 4:15 p.m.
Indianapolis at Washington, 8:20 p.m.
Monday, Oct. 18
Tennessee at Jacksonville, 8:30 p.m.

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5 drive

In brief

Ford is preparing to take the wraps off a comprehensively redesigned, new-generation compact pick-up developed in Australia for sale in 180 global markets.

The all-new Ford Ranger will be unveiled at the Australian International Motor Show, on Friday. The new Ranger is the latest in a wave of global products driven by the ONE Ford strategy.

The Ranger is designed and engineered at Ford Australia's Campbellfield product development and Geelong proving ground facilities.

FROM CARGUIDE

Scan code for more car reviews and news

- New technology means the battery isn't charging when the power is needed elsewhere
- System keeps a constant check on battery voltage

▶ The smart alternator on Hyundai's Tucson helps save fuel.

Hyundai's Smart alternator

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

Very seldom do auto companies make giant strides in fuel economy through the use of single technologies. More often, it's the result of small savings here and there, which all add up – including "smart" alternator technology used by companies such as Hyundai.

The car's alternator generates electricity to recharge the battery while the engine is running. The shaft that spins inside the alternator to make electricity runs off the car's engine, requiring some of its power. The alternator's shaft is always turning, but it draws more engine power when it is required to charge the battery, which can happen when accessories such as lights, wipers or the stereo drain it.

"The battery is constantly losing energy to feed these systems, and when it gets low enough, it says, 'I need more energy,' and the alternator feeds the battery," says John Juriga, director of powertrain at the Hyundai Kia America Technical Center in Detroit, Michigan. "With a smart alternator, there's a constant check as to what the battery voltage is."

"They're small numbers (in fuel savings), but everything counts."
JOHN JURIGA, HYUNDAI DIRECTOR OF POWERTRAIN

Unlike a conventional system, the smart alternator selects the best time to recharge the battery, such as during deceleration. When the driver is accelerating, and if the battery doesn't need to be charged immediately, the smart alternator holds off. "You want that energy to go to the wheels, to move the vehicle forward," Juriga says.

The smart alternator itself contains some electronics, but the system primarily depends on the engine control module, which determines the battery's charge, the vehicle's speed, and if the car is decelerating.

"If the battery voltage was below the minimum threshold, it would still charge the battery during acceleration," Juriga says.

"You'd lose a little performance, but the battery takes priority and that's why it's 'smart.' It can decide when it makes the most sense to charge the battery, rather than just being ignorant of how the vehicle is operating. They're small numbers (in fuel savings), but everything counts."

Lowdown

"Smart" alternator technology, which is used by several auto manufacturers, consists primarily of software programming in the vehicle's existing engine control module, making it a relatively simple and inexpensive way to save fuel.

Laramie combines power, luxury

Chrysler Group LLC unveiled the most luxurious Ram Truck ever produced by the company at the recent Texas State Fair.

Named the Ram Laramie Longhorn edition, the Ram lineup's most well-appointed model is designed for the owner who needs a truck for work or play, but won't settle for anything but the finest quality and refinement.

Inside and out, Laramie Longhorn is loaded with remarkable features.

Ram Laramie Longhorn edition models are prominently commemorated with distinctive Western-style exterior badges.

A chrome metal Laramie Longhorn edition badge with painted accents is mounted to the tailgate while eye-catching model-specific (1500, 2500 or 3500) Laramie Longhorn edition badges adorn the doors.

Laramie Longhorn edition is available in five colour choices, including an exclusive Sagebrush with White Gold exterior paint.

METRO

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The specs

- **MODEL** 2001 to 2006 BMW M3
- **VEHICLE TYPE** Coupe or convertible
- **APPROXIMATE USED PRICE RANGE** $17,500 to $27,000

▶ Some call the BMW M3 one of the ultimate sportscars of the modern era.

Many owners, reviewers, enthusiasts and even weekend motorsport aficionados say the last-generation BMW M3 is one of the ultimate sports cars of the modern era.

Though a huge price tag and relative exclusivity meant the M3 wasn't always an easily-attainable car, the last-generation model is now becoming a popular and more affordable used car buy than ever.

The last complete M3 generation was on sale to us Canadians from 2001 to 2006 inclusive. All models were rear-drive, two-doors offered in coupe or convertible body styles. The model launched with a 3.2 litre straight-six engine with 333 horsepower and 262 lb.-ft of torque.

Yee haw.

A six-speed stick was standard, and a six-speed Sequential Manual Gearbox (SMG) was added to the options list later in this generation's life.

The SMG transmission effectively automated the manual unit, putting two shifting modes at the driver's disposal.

The SMG was a high-tech toy enjoyed by many owners – though it was often considered harsh, clumsy and abrupt. Unproven reliability and a complex computer system will likely increase repair costs should the SMG require repair.

Those who prefer a stick-shift are advised to stick to their guns.

Other hardware included automatic climate control, a Harmon Kardon audio system, powered and heated leather seats, a self-dimming rearview mirror and a set of automatic xenon headlamps.

What owners like

Performance, prestige, exclusivity, brand reputation and styling all rate highly amongst last-generation M3 owners.

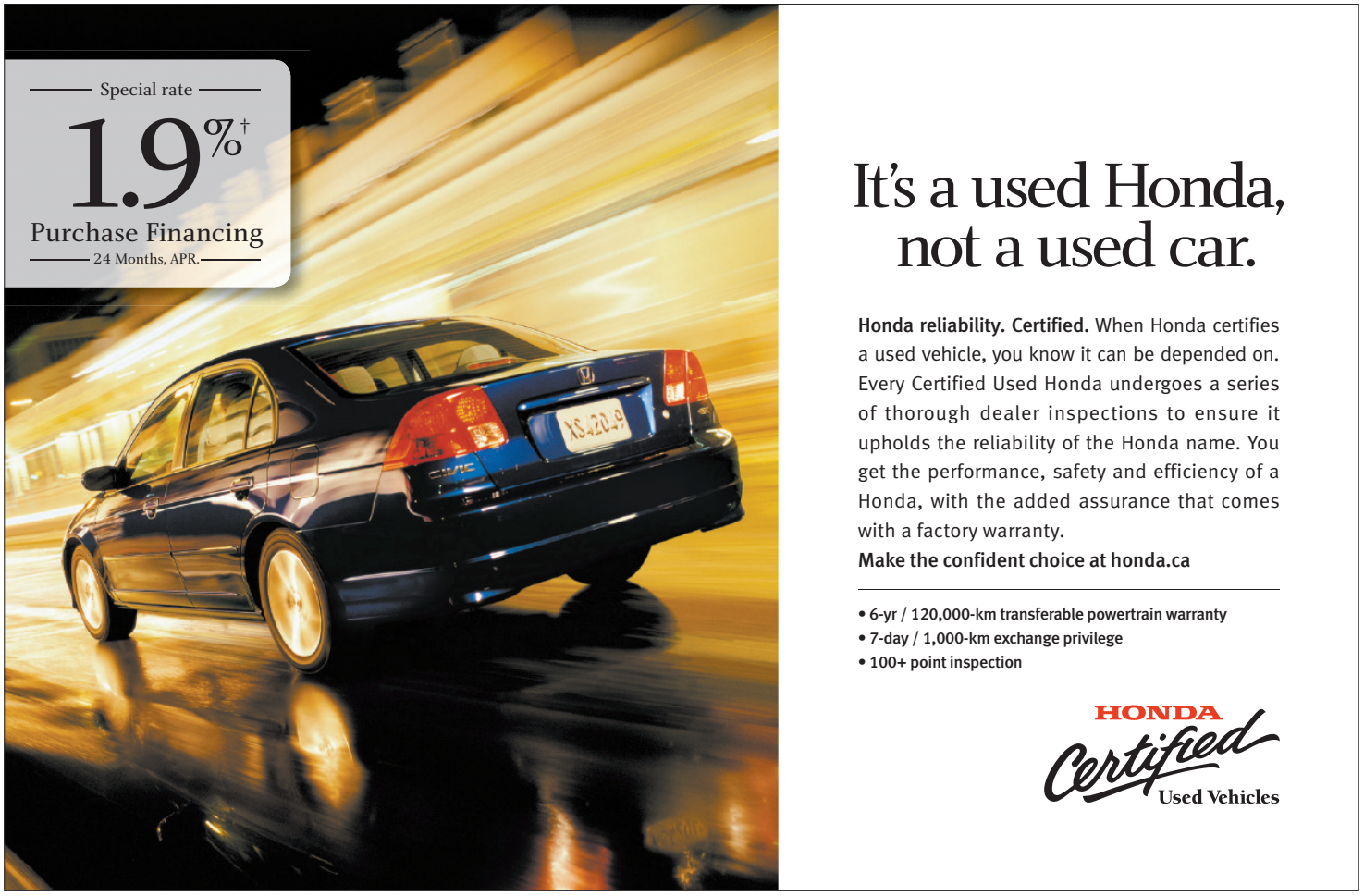
What owners hate

Common M3 complaints include a harsh ride on some surfaces, excessive fuel consumption and limited space and practicality.

Common issues

Numerous M3 models produced between early 2001 and mid 2003 were recalled for a bearing and lubrication problem that could cause engine failure. As such, avoid earlier models where possible.

Check the condition of consumable parts like tires, brakes and the clutch. A pre-purchase inspection by a BMW-trained technician can reveal a potentially expensive problem the seller may be trying to hide.



†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V (2005–2009 model years). Finance example based on 2005 Honda Civic model: $10,000 at 1.9% per annum equals $424.96 per month for 24 months. Cost of borrowing is $199.04 for a total obligation of $10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires October 31, 2010.

Interest in LEAF is electric

20,000 people have signed up to buy Nissan's all-electric car That puts model well ahead of target

Consumer interest for the Nissan LEAF continues to grow, as Nissan North America Inc. announced its 20,000th reservation for the 100 per cent electric car.

Nissan had anticipated reaching its stated target of 20,000 reservations at the time of the first U.S. Nissan LEAF delivery in December.

Nissan now is focusing on providing the best level of customer service and premium ownership experience to those who already have enrolled. A subsequent phase of reservations will begin next year, after current reservations and orders have been processed.

Consumers who already have made reservations will continue to have the opportunity to purchase or lease an all-electric Nissan LEAF. Nissan is following its planned order-release timing for existing reservationists.

Orders have been prioritized based on market timing and when consumers submitted their original reservations online and paid their refundable $99 US reservation fee. CARGUIDE

Headrests are a vital safety feature

While buckling seatbelts is second nature when getting into a car — how many of us think to adjust the headrest? Reports show headrests are one of the most overlooked safety features in motor vehicles today and many don't realize the important role they play in preventing neck, brain and spinal cord related injuries.

According to an Insurance Bureau of Canada study, only 14 per cent of drivers on the road have their headrest in the proper position.

METRO

How to

Aviva Canada recommends drivers follow three simple steps to adjust headrest position:

- The top of the headrest should be in a straight line with the top of your head.
- Position the centre of your headrest so it is slightly above the top of the ear.
- Ensure the distance between the headrest and the back of the head is between five and 10 centimetres.

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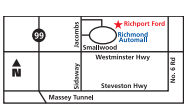

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*Prices do not included documentation fee and applicable taxes. Financing available on approved credit. Gas mileage provided by Ford Canada Co. Vehicles currently in stock as of Oct.8/10.

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PURCHASE FOR **$21,480**•

INCLUDES $6,500 CONSUMER CASH• AND FREIGHT.

2010 Dodge Grand Caravan SXT shown.§

PLUS GET **0%†** PURCHASE FINANCING for 36 months

OR CHOOSE

$131 BI-WEEKLY @ A VARIABLE PRIME RATE OF **3.00%±** FOR 84 MONTHS

OR CHOOSE

CUSTOMER CHOICE FINANCING $154 BI-WEEKLY @ 4.99%†† FOR 60 MONTHS AND $0 DOWN

WITH THE OPTION TO RETURN AFTER 60 MONTHS

STEP UP FOR ONLY $25 MORE BI-WEEKLY with Customer Choice Financing

LET US ENTERTAIN YOU! 2010 DODGE GRAND CARAVAN SE
WITH STOW 'N GO® AND ENTERTAINMENT PACKAGE
- 2nd and 3rd row full Stow 'n Go® seating and storage
- 6.5" touch screen display
- Steering-wheel-mounted audio controls
- Media Centre 430 CD/DVD/30 GB Hard Drive

NO CHARGE DVD

2010 DODGE JOURNEY SE CANADA VALUE PACKAGE

CANADA'S #1 SELLING CROSSOVER^

5 STAR SAFETY ★★★★★ NHTSA 5 Star Frontal and Side Impact‡

INSURANCE INSTITUTE FOR HIGHWAY SAFETY TOP SAFETY PICK 2010

PURCHASE FOR **$19,980**•

INCLUDES $1,250 CONSUMER CASH• AND FREIGHT.

2010 Dodge Journey R/T AWD shown.§

PLUS GET **0%†** PURCHASE FINANCING for 36 months

OR CHOOSE

$122 BI-WEEKLY @ A VARIABLE PRIME RATE OF **3.00%±** FOR 84 MONTHS

OR CHOOSE

CUSTOMER CHOICE FINANCING $138 BI-WEEKLY @ 4.99%†† FOR 60 MONTHS AND $0 DOWN

WITH THE OPTION TO RETURN AFTER 60 MONTHS

STEP UP FOR ONLY $12 MORE BI-WEEKLY with Customer Choice Financing

LET US ENTERTAIN YOU! 2010 DODGE JOURNEY SXT
WITH ENTERTAINMENT PACKAGE
- 3.5L V6 engine with 6-speed automatic transmission
- Six premium speakers with subwoofer
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- ParkView® rear backup camera

NO CHARGE DVD

RETURNING LEASE CUSTOMERS, GET UP TO $750 LOYALTY CASH∞

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Dodge.ca/Offers

DODGE Caravan Kids

SIRIUS SATELLITE RADIO

Wise customers read the fine print: •, ^, †, ±, ††, §, ∞ The New Fall Colours Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after October 1, 2010. Dealer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating dealer for complete details and conditions. •$21,480 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F–DJ9) only and includes $6,500 Consumer Cash Discount, $19,980 Purchase Price applies to 2010 Dodge Journey SE (22F–DJ1) only and includes $1,250 Consumer Cash Discount. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. See participating dealer for complete details. †Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-dealer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your dealer for complete details. ††5% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and Ally Credit Canada on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Cargo Van, Sprinter and Ram Chassis Cab. Examples: 2010 Dodge Grand Caravan Canada Value Package (24F–DJ9) 2010 Dodge Journey SE (22F–DJ1) with a Purchase Price of $21,480/$19,980 financed at 0% for 36 months is $597.22/$555.56 bi-weekly (total obligation $27,880.36/$25,933.28). Cost of borrowing is $0. Down payment of $0 required. Offer is not open to residents of Quebec. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating dealer for complete details. ††Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services is available at participating dealerships to qualified retail customers on most new 2010 and 2011 Chrysler, Jeep, Dodge and Ram models except Grand Caravan Cargo Van, and Ram Chassis Cab. Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing for Quebec subject to different terms and conditions. Examples: 2010 Dodge Grand Caravan Canada Value Package (24F–DJ9) with a Purchase Price of $21,480/$19,980 financed at 4.99% APR over 60/60 months with payments amortized over 75/78 months equals 130 bi-weekly payments of $154.63/$138.23 for a cost of borrowing of $4,943.38/$4,305.23 for a total obligation of $26,423.38/$24,285.23 and one final payment of $14,943.38 and one final payment of $14,305.23. Price does not include $1,400 freight charge. Dealer may sell for less. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan and Journey. ^Based on January through June, 2010 R.L. Polk sales total registrations. ◊SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. •Jeep is a registered trademark of Chrysler Group LLC. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under licence. Customer Choice Financing is a trademark of Chrysler Group LLC. any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ∞Loyalty Bonus Cash is offered on most 2010 and 2011 models (with the exception of 2010 Dodge Caliber SE, 2010 Jeep Compass and Patriot 4x2, 2010 Jeep Wrangler Sport, 2010 Dodge Journey SE, 2010 Dodge Grand Caravan CVP and Cargo Van (CVI) and is deducted from the negotiated price after taxes. Eligible customers include those with Gold Key Lessee maturity dates between November 1, 2010 and January 3, 2011. Some conditions apply. See your dealer for complete details. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan and Journey. ^Based on January through June, 2010 R.L. Polk sales total registrations. ◊SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. •Jeep is a registered trademark of Chrysler Group LLC. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under licence. Customer Choice Financing is a trademark of Chrysler Group LLC.

Auto Pilot

MIKE GOETZ
DRIVE@METRONEWS.CA

AFTER MORE THAN 80 YEARS, THE V8 STILL RULES

The latest Ford F-150 is a prime example

Henry Ford was backed into a corner. It was late in the 1920s, and both Plymouth and Chevrolet had modern cars with new six-cylinder engines. Ford, however, was still plugging away with the long-in-the-tooth four-cylinder Model A.

Chevy, in particular, was eating big chunks of Henry's lunch.

He knew he had to do something drastic.

He charged his best engineers to design a low-priced V8 motor with a one-piece cylinder block. Previous V8 designs had two or more sections, making them very labour intensive to build, and consequently, expensive.

The resulting motor displaced 221 cubic inches (3.6-litres), made 65 hp, and debuted in the 1932 Ford I8 (soon to be known and loved as "The Deuce").

Reliability didn't come overnight, but when it did, so did V8 love on a big scale. The mass-produced V8 was on its way to becoming the bedrock of the American auto industry, and an American icon.

Fast forward to the 2011 model year, and we see that Ford has once again done some heavy thinking about the V8. The current and best-selling F-150 full-size pickup has flaunted its "all V8" powertrain choices for some time now, but 2011 sees it embrace a new vision — two new V6s, and two new V8s.

It's the most extensive powertrain overhaul in the truck's 62-year history (see sidebar).

If you look at the numbers it's obvious the V6s can do the job and then some — and they promise "better-than-V8" fuel economy (though the new V8s also boast improved efficiency). This portends a "V6" sea change for the full-size pickup market, one of the last strongholds for V8 power.

But the inclusion of the new 5.0-litre V8, which also sees duty in the 2011 Mustang GT, speaks volumes about the continuing allure of the V8 engine.

▶ The Ford F-150 comes in V8 or V6 .

Options

2011 Ford F-Series Power Options:

- 3.7-litre V6, with 303 hp and 278 torques, and 6,100 lbs towing capacity.
- 5.0-litre V8, with 360 hp and 380 torques, and 9,800 lbs towing capacity.
- 3.5-litre EcoBoost V6, with 360 hp and 420 torques, and 11,300 lbs towing capacity.
- 6.2-litre V8, with 411 hp and 434 torques, and 11,300 lbs towing capacity.

Correction

Fiesta is available now

Metro Drive reported that Ford Fiesta 2011 would be available in showrooms next summer. The Ford Fiesta 2011 subcompact model is available in showrooms now.

vw.ca/pure

Almost all-new at almost 0%.

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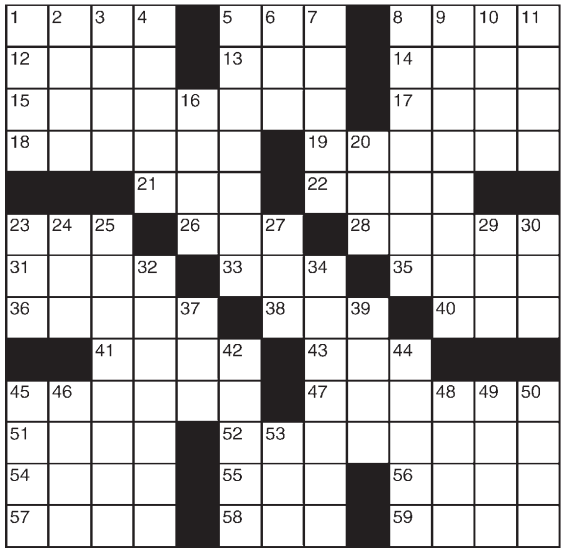
$500 rebate for recent graduates**

Das Auto.

Models shown with optional features. *Limited time financing offer available on approved credit through Volkswagen Finance. 0.9% APR financing pertains to finance terms up to 24 months on all 2005 to 2010 M.Y. Certified Pre-owned Volkswagen models. Financing example: $15,000 financed at 0.9% for 24 months, monthly payment is $630.88, cost of borrowing is $209.04 for a total obligation of $15,209.04. Dealer may sell for less. Down payment may be required. PPSA, license, insurance, registration, options, any dealer or other charges and applicable taxes are extra. Offer ends December 31, 2010 and is subject to change or cancellation without notice. **$500 rebate for recent college or university graduates. Certain conditions apply. †2-year/40,000 km (whichever comes first) limited warranty. See dealers for additional details about this warranty. ††2-year, 24-hour roadside assistance provided by Sykes Assistance Services Corporation. ‡IntelliChoice.com, October 2009 review of 32 manufacturer programs. See www.intellichoice.com for additional details, explanation of results and program updates. Based on U.S. Program analysis. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Rabbit", "Jetta" and "Passat" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. "CarProof" is a registered trademark of 3823202 Canada Inc. o/a LienQuest.com. © 2010 Volkswagen Canada.

Crossword



Across

1 Use a teaspoon
5 That woman
8 Wound cover
12 One of LBJ's daughters
13 Candle material
14 Jason's ship
15 Cute story
17 Bound
18 Package
19 Helicopter blades
21 Under the weather
22 Anything but that
23 Scenery chewer
26 Journey segment
28 Sleep soundly?
31 Final notice
33 — de plume
35 List-ending abbr.
36 Mexican money
38 Reaction to fireworks
40 Tackle's teammate
41 Resign
43 Insult (SL)
45 Curriculum component
47 Extreme selfishness
51 Stratford's river
52 "I Luv U" message
54 Clarinetist Fountain
55 Pendulum's place
56 Particular
57 Quarry
58 Attempt
59 Mafia boss

Down

1 Hit open-handedly
2 Albacore, e.g.
3 Bakery employee
4 Actress Christina
5 Distended
6 Chapeau
7 Put forth, as strength
8 Cracker type
9 Wood preservative
10 Culture medium
11 Conks on the noggin
16 Computer brand
20 Surprise cries
23 Go like a bunny
24 Copper head?
25 Interviewee's worry
27 Moo — gai pan
29 Scooted
30 Days of yore, once
32 U.S. Open, e.g.
34 Unwillingness to boast
37 One of the kin
39 Lofty
42 Entice
44 Video-game hedgehog
45 "Li'l Abner" creator
46 Finished
48 Tittle
49 Staircase part
50 "Note to self" note
53 Atmosphere

▶ Yesterday's answer

L	A	M	P	■	D	E	B	■	C	O	W	S
O	L	I	O	■	O	V	A	■	O	B	I	E
C	O	R	D	E	L	I	A	■	R	O	S	A
H	U	E	■	A	L	L	■	A	D	E	P	T
■	■	■	C	R	Y	■	T	H	O	■	■	■
F	U	T	O	N	■	Q	U	I	N	I	N	E
A	F	A	R	■	G	E	T	■	I	R	I	S
T	O	D	D	L	E	D	■	K	N	E	L	T
■	■	■	I	S	M	■	B	U	G	■	■	■
B	R	O	A	D	■	S	I	R	■	A	F	T
E	A	R	L	■	C	O	R	D	U	R	O	Y
E	T	A	L	■	A	R	C	■	R	E	A	P
R	E	L	Y	■	N	T	H	■	N	A	M	E

Sudoku

4				3	5	7		2
7	9						1	
				1	8		4	
	7					8		
			2		4			
		6					3	
	4		8	6				
	2						9	6
1		9	3	7				5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	7	5	6	1	8	3	9	4
4	9	1	2	3	5	7	6	8
6	8	3	9	7	4	5	1	2
7	5	6	1	2	9	8	4	3
1	4	8	3	5	6	2	7	9
3	2	9	8	4	7	1	5	6
8	1	7	4	9	3	6	2	5
9	3	2	5	6	1	4	8	7
5	6	4	7	8	2	9	3	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Michele Gats...you need to know that I got ur back...that we're gonna make it through this. Nobody else brings me security like you do 1-4-3 Babe. **JG**

Mattie, from stupid decision to burnt pancakes at 3am to zombie apocalypse-ing,you are my best friend and quite simply the only one for me.<3 you always. **AJM**

Cristin- After five years of us you are still "kissing my teeth", that's because I am still smiling when you do. I love you so very much and always wake up happy because you are beside me, in everything, in life. **WITH ALL MY LOVE, YOUR (GROWLY) BEAR**

Kayla and Jerrie,
I don't know how I went this long without having such great friends. Thanks for the memories. Love you always and forever. **YOUR BOO MARK**

Today 16°/10° Sunny 40%
Thursday 14°/8° Showers 40%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may lose out in one area today but you will make up for it in another. Life is all about balance and circumstances will always conspire to bring you back to a point of equilibrium.

♉ Taurus April 21-May 21 Avoid entanglements of an emotional nature. Above all avoid situations where you may be required to take sides. You've got enough problems of your own to deal with.

♊ Gemini May 22-June 21 Some people you get along with and some people you don't and that's just the way it is. You don't have to apologize for avoiding someone you don't much like. Maybe they should apologize!

♋ Cancer June 22-July 22 Someone you have feelings for on a personal level will make it possible for you to get ahead professionally or financially today. It's not always the case that duty and pleasure should be kept apart.

♌ Leo July 23-Aug.23 You will have to make some kind of sacrifice today but you won't mind a bit — in fact it will feel good to do something positive for those less fortunate than you.

♍ Virgo Aug. 24- Sept. 22 A friend desperately needs your assistance but is afraid to ask, not least because the mess they are in is somewhat embarrassing. Fortunately you will go out of your way to help.

♎ Libra Sept. 23-Oct. 23 It may worry you that someone is being so secretive but you have nothing to fear. The reason they don't want you to know what they are up to is because they're afraid you won't approve.

♏ Scorpio Oct. 24-Nov. 22 You may be going through a difficult phase but you are not alone. If you ask for help today you will be surprised by how much you get. It's called loyalty.

♐ Sagittarius Nov. 23-Dec. 21 Play by the rules, even if you are pretty sure that you could get away with ignoring them. You may not realize it but you are a role model to a great many people.

♑ Capricorn Dec. 22-Jan. 20 Someone will flatter you shamelessly today and although you know they have ulterior motives it will still do your ego a power of good.

♒ Aquarius Jan. 21-Feb. 18 Is your work a chore? Then it's the wrong thing for you. Take time out of your busy schedule to ask yourself what kind of work would make you happy — then start moving towards that as your goal.

♓ Pisces Feb. 19-March 20 A creative project will start to come right today and you will be delighted to have something to show for your efforts. But don't stop there. Now you've got the momentum going you must keep it going. **SALLY BROMPTON**

JOEL RYAN/THE ASSOCIATED PRESS

Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

SEAN KI/THE ASSOCIATED PRESS

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